

Roma Downey's Supernatural Defense Against the Enemy's Wiles

Actress Roma Downey is imploring people to “look for the blessings” in life and remember – even in the midst of difficult and harrowing times – that “prayer is powerful.”

Downey, who released a new book this week titled *Unexpected Blessings: 90 Inspirations to Nourish Your Soul and Open Your Heart*, told CBN's Faithwire how she never approaches anything without taking it to God.

“[Prayer is] a very powerful tool that's available to each and every one of us,” she said. “I haven't made any decision big or small that I haven't prayed about first.”

Downey has taken this devotion to her faith into her many projects, ranging from *Touched By an Angel*, a hit CBS show that ran from 1994 through 2003, as well as popular, faith-based shows like *The Bible* and *A.D.*

And the actress and producer said she has consistently seen invocations make a real difference throughout her life.

“Prayer is so powerful, and I've just seen in my own life the power of prayer and how prayer has worked,” she said. “If it didn't always bring the miracle that I prayed for, the miracle was that it brought maybe peace and comfort to my own heart. Maybe it helped take away some of that worry.” {eo}

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