The Faith Factor

In a review of studies published by several leading psychiatric journals over a period of 10 years, they found that **84 percent of the studies have produced findings indicating the clinical benefits of faith, spirituality and religious involvement to health and well-being**18:

- 73 percent say their approach to life is grounded in their religious faith.
- 75 percent of patients want their spiritual issues addressed as part of their medical care.

Based on the research data we now have, **from a strictly scientific point of view**, faith/spirituality/religious involvement could be recommended as a way to improve one’s chances of being able to19:

- Stay healthy and avoid life-threatening and disabling diseases like cancer and heart disease
- Recover faster and with fewer complications if you do develop a serious illness
- Live longer
- Encounter life-threatening and terminal illnesses with greater peacefulness and less pain
- Avoid mental illnesses, like depression and anxiety, and cope more effectively with stress
- Steer clear of problems with alcohol, drugs and tobacco
- Enjoy a happier marriage and family life
- Find a greater sense of meaning and purpose in your life

Gathering in a prayer service, a time of praise and worship, a Bible study, or a worship service is a critical component of the faith factor, in that it more effectively and efficiently delivers a series of powerful, interrelated ingredients promoting health and well-being. These faith factor components are:

- **Equanimity** – overcoming the wear and tear of life
- **Temperance** – honoring the body as a temple of the Spirit
- **Beauty** – appreciating art and nature
- **Adoration** – worshipping with your whole being
- **Renewal** – confessing and starting over

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• **Community** – bearing one another’s burdens
• **Unity** – gaining strength through shared beliefs
• **Ritual** – taking comfort in familiar activities
• **Meaning** – finding a purpose for life
• **Trust** – letting go and letting God
• **Transcendence** – connecting with ultimate hope
• **Love** – caring and being cared for