

## **PRAYER POINTS**

### **PREVENTIVE PRAYER**

There is, no doubt, a very well-trodden path to Heaven created by prayers to benefit the sick. However, as mentioned in another post, most people do not begin to pray until the situation becomes serious and the patient “needs God’s help.”

This manner of seeking HaShem’s help, however, is comparable to hastily building a shelter as a hurricane roars in. The better way is to slowly, carefully build a strong shelter while the weather is not yet threatening. One who turns to HaShem whenever he faces even a minor health problem builds that kind of solid, well-grounded *Emunah*/Faith. Should a hurricane blow in, the shelter protects him from misfortune.

In actuality, one never knows when a small health problem is the first salvo of a larger battle. By turning to HaShem wholeheartedly when a small problem appears, one takes a step to avoid possibly becoming dependent on a “miracle” of which he may not be worthy.

There is little that holds one’s attention as much as personal discomfort. Even one’s little toe can become the center of one’s attention if it is swollen and sore. It is through these small maladies and discomforts that HaShem awakens us to the miracle of good health. By praying as such situations arise, we nourish our *Emunah*/Faith which, in turn, further nourishes our power of prayer.

### **POINTS TO PONDER**

**The need to pray in a critical medical situation is obvious to anyone who believes in God.**

**We are dependent upon Hashem for recovery from even a small medical problem.**

**Turning to HaShem in all health-related situations builds a strong, well-grounded *Emunah*/Faith that further strengthens one’s power of prayer.**