

PRAYER AND FEAR

God is prayed to and worshiped and trusted above all else because it is believed he is in control of the past and present and future. It is the future we are worrying about at this moment in time. Worrying about the future instead of courageously being willing to face it when it comes is not healthy and you will spread your fears to others.

The only way to get strength to face what the future brings is by being strong in the present moment. That gives you confidence and training.

Fear can ruin your life. It can do that simply by the fact that one fear soon becomes two fears and keeps attracting and making new fears. Fear easily reinforces itself. See fear as a boring feeling for it repeatedly warns of threats that may not be there. Treat it like a person that is concerned for you. Thank it. Then ask it if it really is right and when you take away its power by questioning it then let it go.

We pray as a response to fear. We use prayer to suppress the fear. It does not deal with the fear but merely suppresses it. In addition to suffering the fear, the person has a new fear: the fear of remembering how he or she managed to cover up the fear.

When you pray, you pray for the eradication of fear in yourself and perhaps others. You try to feel you have done good for the person by praying. Thus you relieve your fear that you cannot help.

People feel comforted by prayer. This is because the habit of using prayer to feel more content is rife in society. We are influenced by this. But people feel better by touching wood. The same force that makes smokers feel happier when they merely reach for a cigarette is responsible. They associate cigarettes with feeling better so even taking a cigarette will have this affect not to mention smoking it. Praying is not a virtuous activity but encouraging our need to act like we need superstitious mascots and our attempts to emotionally manipulate ourselves.

Posttraumatic stress disorder (PTSD) is quite common. Over a long period of being in an abusive relationship or one that is perceived to be abusive, one will develop a coping mechanism. In some cases, the victim will treat the abuser as some kind of God and believe that the twisted relationship with the abuser has magical and supernatural significance. If the victim has an obsessive preoccupation with the abuser, there might be no obviously religious or spiritual element. But if there is no evidence for absence, it does not mean it is absent. To do something as self-defeating as adoring your abuser is a sign that one feels that something magical is happening despite the horrible and daunting and grim appearances. The victim is suffering from PTSD. People who claim to believe in a loving God believe in one who makes terrible diseases to torment babies and kills people. The faith develops over time with the help of prayer. It is clear that those people have a form of PTSD. The victim has no real happiness. Whether it is God you love or your abuser, the good they seem to do for you adds to your pain and confusion for you sense the filth and malice beneath. The good reminds you of the evil they can do and of how fake they can be.

Belief in God for the devout is about allegedly co operating with God to destroy evil and they think evil is part of his plan to finally make good triumph. If that is good then the atheist or person who thinks God is evil could be a better person? Why? For it is possible for her or him to do good in spite of evil. Instead of trying to pretend that evil is somehow for the best, the person defies it for the sake of goodness. Prayer is going along with evil. Atheism and hatred for God should be about defiance of evil. If both end in fear then the latter is the noblest fear.

If prayer is about co-operating with God in the war against evil, then if God needs us to fight it then God is incompetent! Prayer is too irrational to really deal with fear. If you feel better and less fearful after prayer something other than faith and God is responsible.

People who anger easily tend to see the future as reasonably or sufficiently controllable. They feel angry for the emotion spurs them on to make a difference. They allow themselves to be enraged because they think they are in control and they have little or nothing to fear. If prayer helps fear, then it induces anger. Fear always needs a certain amount of defeatism to be there before it can appear. If prayer makes you feel in power that will make you feel less defeatist. Do we know now why religious people are often intolerant and angry?

When we pray in the midst of our sadness and troubles, are we trying prayer as a tool to control our own feelings better or to stop them getting worse? If we take control of our own lives and leave God out of it, we admit we may not be in much control but at least we are giving ourselves the best fighting chance.

Do not try to control what has nothing to do with you. You cannot control the weather. You cannot say a prayer and make your car repair itself. Once you see that you must not waste energy trying to fix the unfixable and once you see how good you are for observing that it is outside your control you become free. You become happy. You are now free to work on things you can fix. If you pray because you want to control what others would do to you or think of you then you are signing up to a huge disappointment and ruining your potential for happiness.

Someone said that if your motive to pray is fear and not faith then God will not answer your prayer. Why? Because unreasonable fear towards God is superstition and insulting to him. And it poses a bad example for others. And it makes no sense to enjoy a favour from a God you fear. So there is an element of insincerity and desperation in the prayer. There is no trust. If you think the prayer works it will only feed your fear.