

Prays and its impacts on psychological health

Abstract: there is no one who does not experience some kind of problems or misfortune in his life. The psychological problems threaten us all. Connecting to God can lessen our pains inviting happiness and peace to our lives. Though the factors of guiding mankind to salvations are abundant, without prayers and connecting God there are fruitless. The holy quran says, say: **“my lord cares little for you if it was not for your supplication, indeed you have belied (the messenger and the koran) so it (the punishment) will be fastened.”** “the holy quran; 25:77”

In the present study, the impact of prays on psychological health has been dealt with.

The place of praying in islamic theology

One of the most important teachings of islam is how to pray. This spiritual blessing is the most beautiful and the oldest means connecting human spirit to God the almighty, causing people's elevation to the heavens. God says, ***your lord has said: 'call on me and I will answer you. Those who are too proud to worship me shall enter hell utterly abject'*** (the holy quran;40: 60)

The holy prophet said, "prayers is the heart of worship."

As the power of human beings derives from his mind and wisdom and if he lacks this understanding and the ability to recognize, he is lower than animals, worships find their values when they are founded upon connection to God. Therefore, the worship of a person not-connecting God is similar to a lifeless skeleton. In our prayers actually we are connecting God and take refuge to him to strengthen us to overcome obstacles.

Prayers will empower the need of religion and will strengthen our relationship to God asking for something from all-deserved praised will bring inner satisfaction for human beings and asking for things from a being such as himself "mortal and weak" will bring dissatisfaction and humiliation for human beings.

It is in our nature and in fact it is our instinct to lean to God in case of difficulties and pressures, and what a stiff and reliable reliance? It has been said that nowadays "psychology teaches the same things

prophets attempted to teach. Because psychologists perceive prayers and faith will eliminate fear, hopelessness, and anxiety."

Therefore, in addition to eradication of sorrow and depression, it will satisfy our soul and mind; as in the time of depression and sorrow, human beings turn to God, reveal their secret feelings and open up themselves to him and through this not only they can seek help from God but also they can reach equilibrium. This equilibrium is not exchangeable with any other thing in the world.

The psychological effects of prayers

Prayers psychology-wise, associate with tremendous impacts on our soul and mind. In the following we are dealing with just a few:

1. *Feeling attached and supported*

Prayers will join human beings to outside, releasing him being jailed inside himself. In fact, it is such a good companion who can fill all our life's with, gaps, one who is praying continuously, not only does not find himself alone, but also will perceive the world and all the existence are singing the same song with him, as the holy quran says, ***"the seven heavens, the earth, and whosoever in them, exalt him. There is nothing that does not exalt with his praise, but you do not understand their exaltation. Surely, he is clement, forgiving"***. (the holy quran; 17:44)

The universe is worshipping God with no halt. Each creature is involved in some kind of praising God, but ignorant individuals are unable to understand this very fact. Only people who are engaging themselves to pray and talk to God who calls him affectionately and in return they can hear the worshipping voices of the world spiritually.

2. Hope and happiness

Among the various aspects of religious training is the importance of hope. As it is clear "hope" plays a very significant role in human's psychological health, depending the meaning of life, supporting human beings from decadence in time of trials and tribulations, keeping them away from depression and hopelessness. Hope is a freshening belief, like a dim of light in the heart of dark nights of life, promising a better future to us. In this regard, it can be claimed that each a live thing is on his way to reach his goal and destination. Researchers have been proved that if animals' attempts to reach their aims fail, they will stop trying again and will sink in the oceans of hopelessness.

"activity and attempt" are the joy of life while inactivity and stability are the cause of sorrow. The energy for this movement and activity is generated from hope! If even for one day hope was absent from our life, the wheels of joy of life would stop.

Therefore, whomever desiring confronting life hopefully in light spirit should back his life by prayer.

Communication to God brings hope to human beings. It will assure human beings of relying on a safe and strong confidant. This assurance will result in happiness!

The existence quite a few number of claims regarding this belief as a preventing factor of psychological illnesses.

3. *The real peace-maker*

Fear and worries are of the greatest problems modern human beings have to deal with and unfortunately they have to tolerate the effects of these fears and worries on the life. Peace, in fact, is one of the most important lost assets of us: once we find all doors closed to us, the fear of loneliness overcomes us; the only omnipotent being who can unlock all doors is almighty God.

In the holy quran, God introduces himself as a real peace;” ***we have sent forth other messengers before you and given them wives and descendants. Yet none of them could bring a sign except by the permission of allah. Every term has its book.***” (the holy quran; 13:38)

Payers, in one sense, mean remembering God; we should pray to make peace in our lives, and not only for reaching our desires.

Prayers, even if not answered, generate two types of power in soul of us:

First, prayers naturally cause peace.

Second, asking God desperately through observing all its rules will be answered, and the sorrows will be erased. As God says about ayyob: ***“and job when he called to his lord: 'affliction has befallen me, and you are the most merciful of the merciful.’”*** (the holy quran; 21:83- 84)

According to this verse, prayers strengthen the connection between creatures and God, resulting in cleansing and purifying hearts and souls. This will bring servants closer to God. Therefore we can claim the most important impact of prayers is "purifying souls" to the extent that he sees God present everywhere, aware and caring, without this attention his life would be destroyed.

4. The real self

Engaging in every day chores of life gradually can draw human beings in materialistic worlds which can cause forgetting or ignorance to the point that he forgets "the real self. Quran says, ***“do not be like those who have forgotten allah so that he has caused them to forget their souls. Those, they are the evildoers.”*** (the holy quran, 59:19)

Prayers will bring us to ourselves; reflect the appearance of God in his soul. To the extent that we get closer to God, we get closer to ourselves as we are from God.

5. An argument in focus (peace of mind)

Worries not only affect soul but also it can affect mind and body. The first step of getting to wisdom is to stop worries due to this fact

even for studying it is recommended to choose calm, clean and pleasant place to increase attention and focus.

This is true about prayers: prayers, performed by observing all its conditions; can brighten up our mind to understand better and more.

6. *Spiritual joys*

The other effects of prayer are a kind of enjoyment titled "spiritual joy".

Human beings could experience two types of joy: first: sense-wise "joy, eyes see a pleasant view and cause joy."

Second: soul-wise, we serve others or devote ourselves and enjoy. This type is not related to a sense or influenced by any outside reason.

Latter is stronger than the first and more stable.

7. *Snob- remover*

Human beings generally seek perfection and salvation. Prayers include humbleness and obedience in words and actions.

8. *Existing from ignorance*

The nature of this life gives birth to ignorance if you indulge yourself in it so much as forgetting hereafter.

Prayers are a good cause and opportunity to review our deeds and save our life.

Prayers remind us of hereafter and the day of judgment. Al-hamd is called "sura al-doa" (prayer = doa)

Every day reciting it will draw our attention to the path of infallibles, makes us aware of probable distraction on the way ahead.