

INSTRUCTIONS

1. Open.



2. Check the phrases that best describe your style.

3. Add up checks from each of the columns.

4. Enhance or flip your style:
- add a phrase from the active column to your prayers or
 - substitute any passive phrase with an active phrase when praying or
 - write your own active phrase for prayer or adapt an active phrase to make it your own.

Our Partners



Learn to enhance your personal coping style



Flip toward an active style of prayer



Did you Know?

- Research shows that certain styles of prayer or meditation may help your coping with physical pain.^{1,2}
- Clinical data suggest that passive styles of coping, like passive prayer, can be detrimental to pain management.
- The Bedside Prayer Tool is based on the scientifically validated Pain-related Prayer Scale (PPRAYERS).²
- This tool is a guide to identify your predominant personal petitionary style of prayer.
- If you use passive prayers, you can learn to turn your prayer practice into a more beneficial active coping skill.

¹ Illueca, M., & Doolittle, B. R. (2020). The use of prayer in the management of pain: a systematic review. *Journal of Religion and Health*, 59(2), 681-699.

² Meints, S. M., Illueca, M., Miller, M. M., Osaji, D., & Doolittle, B. (2023). The Pain and PRAYER Scale (PPRAYERS): development and validation of a scale to measure pain-related prayer. *Pain Medicine*, pnad020.



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FINAL

FOLD

When I pray about my physical pain, I ask or say:

(check all the boxes below that apply or resemble your prayers)

My results:

ACTIVE

- Help me so that I can endure this pain.
- Help me to manage this pain.
- Help my body to deal with this pain.
- Show me how to handle my pain.
- Help me to rise above this pain.
- I pray for your support to help me function while in this pain.

FOLD IN

PASSIVE

- Take my pain away.
- Cure my pain.
- Dissolve my pain.
- Lift up this painful condition from me.
- I pray that the pain will not last long.
- I pray for the pain to stop.

MIDDLE FOLD

NEUTRAL

- I surrender my pain to the balancing influence of the universe.
- May my body align with the universe's healing power.
- The greater whole will heal my pain.
- Nature's cycles will drive my pain away.
- My body will be renewed.

FOLD IN

Active

Passive

Neutral

- If you get 3 or more in the passive style
- or if you checked more passive statements than active:

We invite you to practice the active style of prayers

Coping with Pain

The gift of prayer

