

# "Prayer" vs "Choice and Avoidance"

Post by "Don" of February 22, 2026 at 7:34 AM

Oh, in response to [Kalosyni](#) 's thread title, "Prayer" vs "Choice and Avoidance", I see choice and rejection (see other threads for my rants on "avoidance" as a translation of  $\phi\epsilon\acute{\upsilon}\gamma\omega$ ) as a tactic of Epicurean living practice. Honestly, if we subjected EVERY decision to a decision tree of pros/cons and pleasure/pain, we'd be paralyzed. "Ham sandwich or peanut butter and jelly? Which will give me the most pleasure?" Ideally, practicing choice and rejection should become second nature. Easier said than done!! As an example, I'll admit I like to frame my decision to go to work as a choice, even when I'm tired or frustrated or just REALLY don't want to get out of bed on a cold winter morning. I could quit or not go in, but the pain that would ensue from lost wages, etc., would far outweigh any fleeting pleasure. Therefore, I choose the greater pleasure over time. We need not subject every choice to this tactic, but we should keep it in mind and do it thoughtfully and deliberately when necessary.

Prayer, on the other hand, is a moment of reflection. Taking time from our busy day to reflect, acknowledge gratitude, really *feel* our connection to our bodies and the natural world. Take a beat. Take a breath.

That would be my take on the connection between "Prayer" and "Choice and Avoidance"