

A Prayer for World Mental Health Day

Tender God,
Your gentle and kind-hearted love
waits for us in the darkness and shields
us from the light when it feels too overwhelming. We remember today all those who
live in the depths of depression. Continue to cherish us all when we find it so difficult
to cherish ourselves. Enable us to discover companions of compassion who will abide
with us, as you abide in all things and in all places where the heart and mind aches for
peace and a place of rest from the storm. We ask this in the name of our brother and
friend, Jesus Christ. Amen

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A blessing Prayer

May the Lord God Bless you each step of Life's way.
May you learn each day to open yourself to love and the blessings of love.
May you find a stick to lean on when the road is hard- and not use the stick to beat
yourself.
May you be blessed with life's abundance and blessed in poor days too, learning again
what really matters, what lasts. May you never give in to despair or the lie that
nothing can change.
May you find ways of life and walk them with courage, knowing that every step is
within the heart of Christ who holds all our days in love.

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Prayers of intercession

*It is suggested that a period of silence might be kept between the subject of the
prayer and the bidding.*

O Lord our God,
for those of us whose lives are strained and
stressed.....
Hear our prayer
and pour out your peace.
For those of us whose hold on life is fragile.....
Hear our prayer
and pour out your peace.
For those of us whose illness makes them
vulnerable.....
Hear our prayer
and pour out your peace.
For those of us whose families struggle to
understand them.....
Hear our prayer
and pour out your peace.
For families and friends,

nurses, doctors and therapists
and all who seek to walk alongside
the stressed and strained, the vulnerable and the fragile.....

Hear our prayer

and pour out your peace.

O Lord our God,

for all whose lives are in turmoil

through the effects of mental illness.....

Hear our prayer

and pour out your peace.

Amen.

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Prayer of welcome

Come and bring your hidden places
Come and bring your hurting spaces
Come and eat with hearts that break
Come and drink, new worlds to make
Come and feast, your vision spread
Despair and Hope connects the fed.
Jesus says, 'Come!'

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Prayer for Peace

When creation is overcome by the chaos from which it springs, peace be with you.

When the sweet darkness of sleep never comes, peace be with you.

When the light of the day overwhelms you, peace be with you.

In the broken heart and risen body of Christ, peace be with you.

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