

## A Prayer for Mental Health (May 7-13, 2018 is Mental Health Week in Canada)

The Canadian Mental Health Association has described Mental Health as having the following six characteristics.

- I feel like I'm reaching my potential.
- I feel like I belong.
- I make the world a better place.
- I don't worry too much about what others think of me.
- I enjoy my life.
- Knock me down and I'll get back up again.

The prayer that follows uses those six characteristics in combination with Biblical/theological images.

### A PRAYER

God our Creator, you made human beings with bodies and minds, wills and emotions, and you desire that we be whole people physically and emotionally, spiritually and psychologically, mentally and relationally.

God of fellowship and community, in our creation we find our identity and our true value as persons, being made in your image. We rejoice that you have given us a place of belonging in your Son Jesus Christ, who has called us friends. Because of your Son's friendship, we are able to live free of constant worry about what others think of us. We thank for the community of believers who support us, encourage us, and provide us with a shoulder to cry on. We thank you for the church.

God of purpose and intention, you have made us to enjoy the gift of life, eating, drinking, and taking pleasure in the tasks and work you give for our hands and minds to do. We thank you that you have described the purpose of our tasks: to seek justice, to love kindness, and to walk humbly with you our God. We rejoice in the skills and abilities you give us; show us how to develop those abilities that you might use us in the advancement of your kingdom.

God of persistence and perseverance, the Holy Spirit's presence in our lives reminds us that we are your children. We thank you for those times when after we have been knocked down the Spirit has picked us up and putting us back on our feet. We thank you for the resilience your Spirit gives us so that we are able to face the highs and lows of life with the confidence and hope that comes from the Spirit. Come to us each day by your Spirit that we may be strengthened for service in your coming kingdom.

These things we pray in the name of Jesus Christ, whom to know is life and peace.  
Amen.

Peter Bush, Moderator  
143<sup>rd</sup> (2017) General Assembly

The Presbyterian Church in Canada