

## A Prayer for World Mental Health Day (Oct. 10, 2018)

We come this day to be with you, O God, for you made us and you love us.

You love us when we are stressed and when we are calm, you love us when we are depressed and when we are joyful, you love us when we are frantic with fear and when we are at peace.

We pray for those who are stressed, that they would find your gift of peace with passes all understanding.

We pray for those who are depressed, that they would find the hope you offer even in the midst of hopelessness.

We pray for those who are filled with fear, that they would find the calm that comes from the Holy Spirit.

God of mercy, we criticize those facing mental illness, offering little mercy. Teach us to be merciful.

God who walks with those who weep and mourn, we frequently ignore those who grieve. Teach us to be people who offer your comfort.

God who walks with caregivers and knows their exhaustion, we do little to help them carry their load. Teach us to bear the burdens of others.

God who made us whole people, bodies and minds, we acknowledge the impacts of physical realities, like poverty and work, have on mental health. Teach us to listen beyond the symptoms to find the places of real need, and give us the courage to respond.

We pray that the power of the resurrection would be alive in our communities, our neighbourhoods, and our families, so that we would see lives transformed from despair to hope, from sorrow to joy, from fear to confidence.

These things we pray in the name of Jesus Christ, the great healer of minds and souls. Amen.

Peter Bush