

Prayers relating to mental health

Loving God, we pray today for those who are affected by the sadness and confusion of mental illness. Look with mercy on all whose illness brings them distress, confusion or isolation. Provide for them spaces of dignity and peace; surround them with caring, compassionate and understanding family, friends, carers and co-workers. We ask this in the name of Jesus Christ our Lord.

O God, who has so faithfully cared for me in the past, and so often seen me through to safety: grant me, that in moments of depression, desolation, failure and despair, I may look back in gratitude and be refreshed by the remembrance of past grace. Help me to turn again to the future in renewed trust and unfailing hope, resting upon Jesus Christ, my beloved Saviour.

(George Appleton – One Man’s Prayer, London – SPCK)

Lord of the excluded

Open my eyes to those I would prefer not to see
Open my life to those I would prefer not to know
Open my heart to those I would prefer not to love
And so, open my eyes to see where I exclude you
(Iona)

Lord, look upon us with the eyes of your mercy.

May your healing hand rest upon us; may your life-giving power flow into every cell of our bodies and into the depths of our souls, cleansing, purifying, restoring us to wholeness and strength for the service of your kingdom.

(Author unknown in Hear Our Prayer: An Anthology for Collective Worship – Bury St Edmunds: Kevin Mayhew 1996)

Lord Jesus Christ, who for love of our souls entered the deep darkness of the cross: we pray that your love may surround all who are in the darkness of mental distress and who find it difficult to pray for themselves. May they know that darkness and light are both alike to you and that you have promised never to fail them or forsake them. We ask this for your name’s sake.

(Cumings L. in Frank Colquoun (ed) Contemporary Parish Prayers London: Hodder & Stoughton, 1975)

Jesus says, ‘Come to me all you who are troubled and I will give you rest’.

So come, you who are burdened by regrets and anxieties, you who are broken in body and spirit,
You who are torn by relationships and doubt,

You who feel deeply within yourselves the divisions and injustices of our world.

Come, for Jesus invites us to bring him our brokenness.

(Invitation to silent prayer)



Lord, I pray for light in the darkness. I pray that people with vulnerable minds will find hope and help among followers of Christ who will love them and point them toward what they need while letting them live with that need. I pray for acceptance and grace – the same kind of grace you offer so freely to all. I pray that many churches will embrace the opportunity for messy and sometimes thankless ministry among the marginalized, in the name of the one whose love knows no margins. Amen.

Sometimes, Divine Spirit, we feel discouraged and hopeless in the face of so many challenges. Help us to see ourselves as you see us, persons of value and worth, persons of creativity and potential.

May we come to understand the interconnectedness of mind, body and spirit in bringing about health and wholeness. And may we go forward into our communities with a renewed sense of vision, hope and possibility for the future. Amen.

(Revered Susan Gregg-Schroeder)

We light the candle of Truth that God will help us dispel ignorance and misinformation about major depression, bipolar disorder, schizophrenia, severe anxiety and obsessive compulsive disorder and other mental health conditions.

(Silent Prayer)

We light the candle of Healing that troubled minds and hearts, broken lives and relationships might be healed.

(Silent Prayer)

We light the candle of Understanding that the darkness of stigma, labels, exclusion and marginalization might be dispelled for the sake of those touched by mental illness.

(Silent Prayer)

We light the candle of Hope for persons and families living with mental illness, for better treatment, for steadier recovery, for greater opportunity to work and serve.

(Silent Prayer)

We light the candle of Thankfulness for compassionate, dedicated caregivers and mental health professionals; for new discoveries in brain research and better medications.

(Silent Prayer)

We light the candle of Faith to dispel doubt and despair for those who have lost hope and are discouraged.

(Silent Prayer)

We light the candle of Steadfast Love to remind us of God's love and faithfulness, and to remind us to share the light of love and service for those living with mental illness.

(Silent Prayer)