

A Prayer for those Living with Mental Illness

Lord, we pray for healing for those afflicted with the pain and stigma of mental illness.

We pray for those living without the medication they so desperately need because of their fear of being judged and criticized. Comfort them, and help us to become a light in the darkness for them.

We ask You to help us avoid unkind and unthinking words that add to their feelings of despair. Help us to grow in the love and compassion we need to take action and to make their struggle our own.

We ask for the courage to stand up to those contributing to the stigma that mental illness carries, to defend those who cannot defend themselves.

We pray that You will watch over those who are contemplating their own suicide. Hold them in Your loving embrace and send someone to intervene.

We pray that those in a position of power may recognize the desperation of those who suffer from mental illness, and work to improve the services and care they so desperately need.

We ask You to bring the comfort only You can bring to those who have lost a loved one to mental illness.

Lord, teach us how to understand and love more, so that we might be a healing presence, a source of comfort and a strong advocate for the mentally ill.

Hear our prayer, O Lord, and bring them comfort and consolation.
Amen

OPC Education & Health Standing Committee Chair