

# A WEEK OF PRAYER FOR MENTAL HEALTH

**SEASONS OF ISOLATION AND TURMOIL ARE TRYING** for all of us. But even as we battle physical weariness, we must not neglect our mental health. This week, will you join us in praying for the mental health of loved ones, friends and all people who are feeling overwhelmed by isolation or the demands of life during the pandemic?

**01**

Pray for those who are troubled in mind and heart and for those dealing with broken relationships right now. Pray for healing in their lives.

**02**

Pray that those who feel burdened will find someone to talk to in this season. And pray for the listeners — counselors, pastors and friends — that they will be safe spaces for those who are hurting.

**03**

Pray for those who are dealing with depression and isolation in this season. Pray that they will not feel alone, and ask God to show you ways you can reach out to those who are hurting right now.

**04**

Pray for faith for those who are experiencing doubt and despair and for those who have lost hope and are discouraged. Pray against the darkness that they find themselves in.

**05**

Pray for children who feel overwhelmed right now and don't know how to express their feelings. Pray that they will be cared for tenderly as they learn how to care for their own mental health.

**06**

We are thankful that we have a God who cares about every part of us — including our minds. Thank God that he hears our cries, our prayers and our laughter, and cares deeply about our mental health.

**07**

Is there someone in your life who comes to mind when you think of mental health? Pray for that person by name, that they will know that they are a beautiful creation of God.



*For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.*

-EPHESIANS 2:10, NLT

