

## PRAYER | *Pandemic Mental Health Prayer*

We are all in the same boat, but we're not all in the same storm.

For some people it's sprinkling. This is a break.  
It's a breather. It's a pause in the "normal."  
It's time to reconnect with family and slow down.  
Honestly, it's kind of peaceful.

For some it's a storm. It's a bit scary. It's disruptive.  
It's enough to make you stay up and watch the news and worry.

For some it's a hurricane. It's tearing at the boards and pulling off the roof.  
It's washing them out to sea. It's dark and unknown.  
It's life-changing.

It's not wrong to be enjoying the sprinkles or enduring the storm,  
But please don't negate the difference.  
Rest with family, but don't minimize the hurricane engulfing your neighbor.  
Laugh at a meme, but get on your knees for your friends.  
Get in someone else's storm.

\* Author unknown

For some, mental health has been a lifelong battle, and the current situation is just one more wave that you did not need. For others, you maybe *haven't* struggled so much here before, but you *are* struggling now and feeling some big waves, mentally and emotionally.

If that's you today, we want to offer a prayer for the restoration and protection of **Faith, Hope,** and **Love:**

*God we lift before you those who are feeling a complete loss of peace, of control,  
Of stability, or even feeling like they know which way is up  
Would you speak peace to the fear, anxiety, worry, and panic  
Would you give the gift of trust, to believe deep down in our souls  
That you are close, that you are good, that you alone are God  
Father, give us **faith** to trust you in the midst of this storm*

*We pray for those who have lost or are losing their sense of hope  
Who feel this thing will never end, who worry they won't make it through  
Those feeling helpless, listless, lost and adrift  
Restore to them a sense of courage, of life, of possibility  
Turn on the light, bring new energy, push out despair  
Jesus be the **hope** we hold onto in the midst of this storm*

*We pray for those who are suffering uniquely under the loneliness of isolation  
Those cut off from friends and family, and the tangible expressions of love they crave  
Would you increase the sense of your presence and affection in the solitude  
Would you remind us daily that we are not alone, that we are tenderly held  
Would you continue to incarnate your love in us, for others  
Spirit of God, let your **love** bind us together in the midst of this storm*

If you are personally struggling, we encourage you to pray these next lines on behalf of yourself. If you are not personally struggling, know that people you care about are; pray on behalf of them as an act of love and faith:

***Jesus hold me (them) steady  
Jesus keep me (them) close  
Jesus break the darkness  
Jesus be the light***

Amen