

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