

Upheld by God’s Hand — Mental Health Outreach

PRAYER #1

Lord of goodness and grace, we pray for Your special touch on people everywhere who are suffering from mental illness. Help them to not despair, but to trust in Your mighty healing hand. Help them find LCMS pastors, church workers, and congregational leaders who will provide Christ-centered care, compassion, and ministerial support to those in need. Help their families find comfort and support knowing that God loves them and will protect them. In Your name, Jesus, we pray. Amen.

PRAYER #2

Heavenly Father, Your Holy Word commands us to pray without ceasing. Embolden us to take everything to You in prayer. When we are discouraged, help us to pray. When we are lonely, help us to take our sorrows to You. When we grieve, help us to take our tears to You, Lord. And when we are joyful, help us offer prayers of thanksgiving, in all things great and small. At all times, whether happy or sad, help us to seek Your wisdom and Your grace in prayer. In Jesus’ name. Amen.

You whom I took from the ends of the earth, and called from its farthest corners, saying to you, “You are my servant, I have chosen you and not cast you off”; fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand (Isaiah 41:9–10).

PRAYER #3

Dear Lord, suffering from the mental anguish of emotional scars that feel like they cannot be healed is heartbreaking. Please pour Your merciful love and peace into the heart of anyone trying to manage this invisible pain. Soothe every wounded soul with the healing power of Your love. Strengthen their faith, knowing that You are at work even in the moments when it feels like nothing is changing. Give them the grace to endure knowing that Your timing is always perfect. May their lives be transformed, their hearts renewed, and their spirits restored. In Your holy name, Jesus. Amen.

PRAYER #4

Lord, we give thanks for the LCMS Task Force for Mental Illness, Health, and Wellness. In collaboration with expert LCMS contributors guide them as they develop and publish the materials and resources to train church workers and lay leaders for mental health outreach and spiritual care. We ask Your blessing on the training to better equip church workers to provide the Gospel of Jesus Christ to those who are suffering from burnout, fatigue, emotional pain, mental anguish, depression, despair, and hopelessness. In Your most holy name, Jesus, we pray. Amen.

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