

A Litany to Affirm Ministry for Mental Health

Leader: “Before I formed you in the womb I knew you, and before you were born I consecrated you.” (Jeremiah 1:5)

Congregation: Wise God, thank you for knowing and loving all of who we are. Help us to remember the gift of our personhood and to honor the personhood of others. Help us to make space for people to bring their full selves to the place of worship for healing and restoration.

Leader: “Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.” (Matthew 11:28-30)

Congregation: Merciful God, remind us that you desire that we bring our burdens to you for help and healing. Let us be a congregation where burdens are shared and rest is granted. Help us to strive for mental and emotional health in the way that we seek spiritual health.

Leader: “Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up the other; but woe to one who is alone and falls and does not have another to help.” (Ecclesiastes 4:9-10)

Congregation: Loving God, help us to remember our commitment to love and support each other. Help us to show genuine care and to build strong relationships. Help those relationships to be conduits of healing for all of us.

Leader: “And let people learn to devote themselves to good works in order to meet urgent needs, so that they may not be unproductive.” (Titus 3:14)

Congregation: Provider God, remind us that whatever we need, we can bring it to you. Help us to be your hands and feet by working to help address challenges in this church and in the community at large. Help us to be prepared to do good in your name and for your sake. Help us to recognize the gifts of the professionals you have equipped to lead us to health and wholeness.

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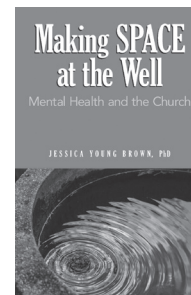
Leader: “God is our refuge and strength, an ever-present help in trouble.” (Psalm 46:1)

Congregation: Protecting God, remind us that no crisis is too big for you. Help us to see your movement in the actions of people who are called to serve you. Help us to turn to you for wisdom when we feel overwhelmed or unsure.

Leader: “My mouth will tell of your righteous acts, of your deeds of salvation all day long, though their number is past my knowledge. I will come praising the mighty deeds of the Lord GOD, I will praise your righteousness, yours alone.” (Psalm 71:15-16)

Congregation: Redeeming God, we vow to testify of your goodness and healing power. Help us to tell our stories so that others may know and come to you.

All: Lord, make this space a living well from which all can drink. Help us to be a community where all can come and be healed. Help us to share the good news of Jesus, who saves, transforms, and delivers. Amen.



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