

## **A Prayer for World Mental Health Day**

**By Alison Webster**

God of compassion,

You meant us to be both fragile and ordinary.

Silence the voices that say we are not good enough,

Haven't achieved enough,

Haven't enough to show for our lives,

That we are not enough.

Help us to know that we are treasure,

We are prized,

We are cherished,

We are loved.

Infinitely.

By you.

So be with us in our corrugations of feeling:

When our hearts are in downward freefall, *be with us*

When our minds race with anxiety, *be with us*

When our throats close in fear, *be with us*

When sleep will not come, *be with us*

When waking hurts, *be with us*.

In the name of Jesus,

Who knew trauma, abuse, despair and abandonment

And has nothing but love for us,

Amen.