

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.

It's natural to feel down, anxious or stressed at times. In fact one in four of us will be affected by mental ill health at some point during our lives. If you've been given or picked up this card, why not pin it to your wall? Take a moment to say the prayer overleaf.

Churches can play an important role for those experiencing distress or mental ill health. Inclusive Church provides useful resources for small groups and church leaders: inclusive-church.org/mental-health

The diocesan Health, Wellbeing and Social Care Group has a network of people with skills and 'expertise by experience' in mental health issues who can support your church. Visit oxford.anglican.org/mental-health to find out more or email alison.webster@oxford.anglican.org

In crisis or emergency

Call 111 if you have urgent concerns about a mental health problem. Call 999 if you are worried about your immediate safety, or go straight to the nearest Accident and Emergency department.

Prayer: Alison Webster, Oxford Diocese

Image: Ang Intaravichian/Shutterstock



DIOCESE OF OXFORD
Berkshire, Buckinghamshire and Oxfordshire