



How to Pray for... **MENTAL HEALTH**



All people—rich or poor—are susceptible to mental health struggles—feelings of isolation, anxiety, fear, depression, hopelessness, and suicidal thoughts. Some of the wealthiest nations, like the U.S. and Japan, have high rates of anxiety, depression, and suicide. At the same time, for many in the Majority World, financial pressures and lack of basic necessities can contribute to similar struggles. And, typically, those experiencing poverty find little help or support for mental health conditions.

The Bible assures us that God both cares and holds the solution for mental health struggles. We read “Blessed are the broken hearted, for they shall be comforted” (Matthew 5:4), “Cast all your anxiety upon Him for He cares for you” (1 Peter 5:7), and “Come to Me all you who are weary and burdened, and I will give you rest” (Matthew 11:28). This doesn’t mean that Christians struggling with anxiety or depression simply need to trust God more. Rather, it’s a reminder that Our Father sees our deepest fears and sorrows, and He wants to bring us healing and hope.

*My tears have been my food
day and night,
while people say to me all day long,
“Where is your God?”*

*Why, my soul, are you downcast?
Why so disturbed within me?
Put your hope in God,
for I will yet praise him,
my Savior and my God.*

Psalms 42:3, 5

Please pray with us...

- Pray that those experiencing depression and anxiety would find their hope in God and would choose to praise Him in the midst of their struggles.
- Pray for families experiencing extraordinary stress—the loss of a job or income, hunger, marital problems, physical sickness or injuries. All of these stressors can contribute to anxiety, anger, and depression. Pray that these mental health struggles would not lead to domestic violence. Pray for physical safety and peaceful homes. Pray for family members to know how to support and care for one another.
- Pray for individuals who are isolated or lonely. Pray that God would feel near to them as a constant companion. Ask God to use their loneliness somehow for a good purpose. And pray that God would provide people within their families, churches, and communities who would fill their need for relationship.
- Pray for those who suffer from crippling fear. Pray that God would bring peace and boldness—new confidence that God is in control and nothing can harm us outside of His will. Pray for them to have assurance that not even a sparrow falls to the ground outside our Father's care and we are more precious to Him than many sparrows (Matthew 10:29).
- Pray for churches to be beacons of hope for those who feel hopeless. Pray that the Holy Spirit would help Christians to be empathetic listeners and godly counselors. Pray especially for pastors of poor, rural, Majority World churches; most have had fewer opportunities for training and feel overwhelmed or unsure how to counsel people with significant mental health concerns. Pray also that Christians would be sensitive to their neighbors' emotional needs and discerning in how to help.



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