

**A selection of reflections and prayers**  
**from the 11 September 2022 Mental Health Liturgy**

**“Mental health is not simply the absence of illness,  
but having the capacity and opportunity to thrive –  
that is, to participate in the fullness of life  
to which Jesus invites us (Jn 10:10).  
We are a unity of body, mind and spirit”**

**Prayer for the gift of good health for all**

Loving God, as a sign of the coming of your Kingdom, your Son cured many people of all types of disease. We come thanking you for the gift of good health that you give us, and praying for those who struggle to thrive and maintain good health. We ask you to heal all in need of your powerful compassion and care.

We name before you in silence, those who are troubled in mind, distressed by the past, or dreading the future; those who are trapped and cast down by fear.

Lord Jesus Christ, lover of all, *bring healing, bring peace.*

We ask your blessing on doctors and nurses, on all who look after those who are ill, and who give friendship to those who are distressed,

Lord Jesus Christ lover of all, *bring healing, bring peace.*

We ask your guidance for those who administer the agencies of health and welfare that they may have wisdom and compassion.

Lord Jesus Christ, lover of all, *bring healing bring peace.*

All this we pray, through Christ our Lord. Amen

**Jesus said: *Come to Me all you who labour and are heavy laden and I will give you rest. Matthew 11: 28***

**A Reflection:**

Come as you are, that's how I want you.  
Come as you are, feel quite at home.  
Close to my heart, loved and forgiven;  
come as you are, why stand alone?

No need to fear, love sets no limits.  
No need to fear, love never ends.  
Don't run away shamed and disheartened.  
Rest in my love, trust me again.



**TO LIVE LIFE TO THE FULL**  
MENTAL HEALTH IN AUSTRALIA TODAY