



MENTAL ILLNESS PRAYERS

God doesn't promise to heal mental illness, but He does promise to be with us in it. Through prayer, God meets us in our suffering. Use these short prayers as often as you need words to cry out to Jesus.

I AM STRUGGLING, LORD

Jesus, I am so grateful that even when I am triggered, even when I am struggling, and even when my thoughts are spinning, You are with me—always, no matter what. You are with me in the confusion, the fear, and the overwhelming sadness. How I long for your peace, Lord! Thank you for promising to be with me always and to love me beyond comprehension—such mercy, such grace! Amen.

I FEEL LIKE I AM CRUMBLING

Lord, I am struggling, scared, and uncertain. I feel like I am crumbling, have pretended for so long that I am in control, independent, and fine, but I worry about so many things. Will others judge me? Will they misunderstand me? Will they reject me? I know that my needs are not shameful or disgraceful, and mental illness is not a sin. Give me the courage to ask for help, Lord. Be my refuge and my foundation. Amen.

HELP ME, LORD!

Lord, when will this suffering end? I've tried so many things for so long. I don't know where to go or what to do next. Who do I ask for help? What do I need? It all feels overwhelming and unbearable. Help me, Lord! I don't want to give up. I need You. Please settle my mind and my racing thoughts, clear away the confusion, and help me figure out the next step. Please, Lord...amen.

MY MIND FEELS BROKEN

Lord, my mind feels broken, and I feel so weak. Even my body aches with anguish. Sustain me, Lord. I'm desperate! Be my foundation, my hiding place, my strength, and my refuge. I fall on my knees before You. Comfort me, encourage me, sustain me, Lord. Please! Amen.

Visit chronic-joy.org for more resources.



Chronic Joy

MY SUFFERING CONSUMES ME

Lord, today I can barely function. I feel like a failure. Sometimes, I feel worthless, but You say You delight in me, that Your delight in me doesn't change no matter what I'm feeling. You promise that nothing can separate me from You.

MEET ME IN MY SADNESS, JESUS

Jesus, I'm struggling to hold on. I feel like a failure. You say You delight in me. How is that possible, Lord? What is my life worth? Meet me in this dejection. Take my exhaustion. Take my shame. Make a way, Lord, somehow make a way for me to sleep, to find rest in You. Calm me with Your peace. Remind me that Your love doesn't diminish when I'm depressed, hopeless, or anxious. Your delight in me doesn't falter when my body collapses in exhaustion. Thank You that nothing can separate me from Your love, Lord, amen.

LORD, HELP MY UNBELIEF

Lord, I'm afraid to admit that sometimes prayer makes me anxious. Your promises used to comfort me, and prayer used to settle my thoughts. My life no longer makes sense. Pain comes banging on the door, demanding to be answered. Do You still love me, Jesus? Are You there? Why is my life such a mess? Bring peace, Lord. Comfort me with Your Word. I need you! Amen.

THIS FEELS UNBEARABLE

Lord, I'm scared. This suffering feels unbearable. Will it ever end? I've tried so many things and nothing has worked. I need help. I long for relief. My mental illness is not a sin. My needs are not shameful. My problems are not disgraceful, but it is so hard, so humbling, to ask for help. Please give me the courage to ask and the grace to receive. Every part of me anticipates the day You will make all things new—my mind will be clear, my body well, my faith strong. May it be so, Lord! I put my hope in You. Amen.

STRENGTHEN ME, JESUS

Jesus, the weight of my thoughts and emotions feels overwhelming. Help me let go of negative self-talk and the words of those who have been unkind, impatient, or shaming. Help me to see the beauty in each day. Grant me the strength to be kind, patient, understanding, and compassionate to myself. Thank You for your constant presence in my life. Amen.

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