

## A Prayer for Mental Healing

### Scripture Reading:

Psalm 18:1-31, Psalm 42

### Reflections of the Heart:

We receive comfort in these words, “Those who wait on the Lord will find new strength. They will fly high on wings like eagles. They will run and not grow weary. They will walk and not faint.” *Isaiah 40:31 (NLT)*

### Scriptural Prayer:

Our Father, You are great and most worthy of praise. You are to be feared above all gods. The earth is Yours and everything in it; the world and all its people belong to You. You laid the earth’s foundation on the seas and built it on the ocean’s depths. You are the King of glory; the Lord strong and mighty. You are the Lord, invincible in battle. O Lord, You have performed many wonders for us. Your plans for us are too numerous to list. You have no equal. We are grateful that when we, Your people, call to You for help, You hear and rescue us out of our troubles. Thank You for giving us Your peace and joy. Thank You for providing a life of hope, abundance, and destiny. Thank You for being our strength in times of weakness.

Omniscient Father, our Shelter, You said that You would give rest to all who are weary and heavy burdened. Your yoke is easy and Your burdens are light. We are supposed to trust in You with all of our hearts and not depend on our own understanding. We are to seek Your will in all that we do and You will show us which path to take. You are the God who will bring rest to our souls. We trust in Your Word and believe that Your Word will be operative in the hearts and souls of those with mental illnesses. We confess that when they walk in the midst of trouble, You will revive them and stretch forth Your hand and save them. Lord, You have left Your gift of peace of mind with them and we pray that their hearts will not be afraid. We confess, even though they may be pressed on every side by troubles, they will not be crushed and broken. They may feel perplexed, but they will not give up and quit. They may be hunted down, but You will never abandon them. They may be knocked down, but they will get up and keep going. Father, we confess that they will lie down without fear and enjoy pleasant dreams. They will not be afraid of the threat of disaster or destruction; for You are their security.

Loving Father, we ask You to replace their sadness with joy, defeat with victory, and fatigue with praise. Help those who feel depressed or sad to not focus on their circumstances, but rather focus on Your blessings in their lives. Remind them to praise You at all times. We ask that You bring all things to their memory that concern You and Your plans for their lives. Give them power as they meditate on Your Word. Help them to keep Your commandments and embrace them in their hearts. Father, help them to not be conformed to this world, but transformed by the renewing of their minds through Your Word. Holy Spirit, we ask that You strengthen and renew their innermost being. Let the fiery darts of the enemy not permeate their being. May they always hear Your voice and obey Your will. Father, please help them to overcome their fears. Please strengthen their family members and caretakers and help them to always walk in Your peace and love with their loved one(s).

***Find God’s promises concerning peace and begin to proclaim them over those people who you know are stressed and overburdened by life:***

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Merciful Father, forgive them for sin. Forgive them for worry and fear. Forgive them for being anxious. Forgive them for not being diligent in fasting and praying. Forgive them for not trusting You at all times. Lord, forgive me for ***(list any sins that you have committed)***. Holy Spirit, remind us all of those we need to forgive and help us to be quick to forgive. As for me, Holy Spirit, bring to my remembrance those I need to forgive. ***(Take a moment and ask the Holy Spirit to show you names or faces of people that you may need to forgive. As He shows you, say aloud, “I forgive name of person(s).” Now, trust the Lord to heal any wounds in your soul caused by unforgiveness.)***

Mighty Father, help us all not to yield to temptation; but deliver them from the evil one.

You are the Lord God Almighty! Let the whole world glorify You, Lord; let it sing Your praises! You will march forth like a mighty hero. You will come out like a warrior, full of fury. You will shout Your battle cry and crush all of Your enemies. You alone are worthy to receive glory and honor and power. In Jesus' Name, Amen.

**Scripture References for the Written Text:** Psalm 96:4, Psalm 24:1-2,8, Psalm 40:5, Psalm 34:17, Matthew 11:28, Proverbs 3:5-6, Psalm 138:7, John 14:27, II Corinthians 4:8-9, Proverbs 3:24, Psalm 34:1, John 14:26, Romans 12:2, Matthew 6:13, Isaiah 42:12-13, Revelation 4:11

*Today, I will trust God to:*

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