

LITANY: LIVING WITH MENTAL ILLNESS

LORD, BE CLOSE TO GIVE YOUR COMFORT (Repeat after each line)

When pain and distress is overwhelming
When worn out and weary
When the feeling of alienation arises
When troubled by impatience and negativity
When loneliness adds to anxiety
When it is difficult to communicate
When discouragement and despondency sets in
When fear makes it impossible to face the future
When the mental illness attacks self esteem
When anger and resentment assail
When beset by worry or fretfulness
When it is hard to rely on others to care
When envy arises toward those without a mental illness
When the recovery process goes slower than hoped
When it is hard to let go of long held plans
When pessimism or cynicism holds sway
When anguish is intensified by the need for reconciliation
When loved ones are far away
When the mental illness causes financial hardships that lead to worry or despair
When afflicted by the feeling of nothing to hope for
When depression makes it impossible to even think
When friends draw back fearful of mental illness
When the mental illness makes us moody and irritable
When haunted by regret and the shame of past sins
When it is difficult to sleep
When there is a loss of appetite
When there is resistance to necessary change
When the side effects of the medicine are difficult to bear
When tempted by denial
When nobody seems to understand
When bound to home or afraid to go out
When listlessness and apathy threaten
When all that is needed is a caring word
When it is impossible to maintain familiar routines
When it is hard to find the strength to go on
When thoughts of suicide appear
When it becomes difficult to pray
When suffering is hard to bear – **LORD, BE CLOSE TO GIVE YOUR COMFORT**

Our Father ...

Let us pray: Most merciful Father, Your beloved Son showed special compassion to lepers, tenderness to those long sick, and healing to the infirm before him. We place before You all those who have a mental illness and are in need of healing grace. Grant them courage and give them hope. May Your love and mercy raise up all who suffer from mental illness and bring them health and peace. We ask this in the Name of Jesus. Amen.