

## **Worship Resources**

### **For the warrior:**

Advocate God, who knows each person by name. In the darkness of the night, you come alongside and sit with, wiping each tear. You are close to the brokenhearted and rescue those who are crushed in Spirit (Psalm 34:18). For those of us who have had the personal experience of living with mental health challenges we know that they are not a culmination of a lack of faith or poor routine; rather, a combination of altered brain chemistry, and adverse life experiences. Lord, come near. May those feeling the weight of anxiety and depression feel your everlasting presence. For those experiencing pounding voices and crippling effects of hallucinations and delusions, be overwhelmed by complete serenity. We pray that that blaring noise, become softer and that you may know that your experiences are not a consequence of a broken or weakened faith. And if you have been harmed by a faith system in the past because of your mental health - we apologize. You are a child of God with a story - a story that contains hurt, but is ultimately defined by your inherent dignity and worth found in your creator. God is with you. During this Mental Health Awareness Month and every month may we know God's peace, may we know God's presence, may we know God's love, and may we know that we are never in this fight alone. Amen.

### **For the community:**

Gracious God, as a community we recognize that each and every person is fearfully and wonderfully made in your unique image. Because of that each person has inherent dignity and worth. Mental health challenges and illnesses cause disruptions within one's ability to see one's own worth and causes disruptions within the overall community of God - as there is discrimination, stigma and hate the perpetuates those living with mental disorders. Lord Jesus, help us. Help us, as a community of Christ, be an avenue of support for those living with mental illnesses. Help us to educate ourselves and empower ourselves and others to break down the walls of stigma regarding mental health challenges. Help us to hold tenderly the stories and experiences of those with mental health struggles – may we listen, may we learn and may we be open to all that those who while may be struggling have so much to offer. In Jesus' name we pray, amen.

### **For the church:**

Loving God, on this Mental Health Awareness Month may you open our ears to hear, our eyes to see, and hearts to empathize with those who are facing mental health challenges. God, we know we haven't always gotten it right and for that we deeply lament. Help us to reconcile where we have gone wrong. May we create spaces for all people and in our witness to the world may we show that those who struggle with mental health are known, loved and valued by God and the church. Amen.

**Opening Prayer:** Great and loving God, in the darkness of night, you are there. Meeting our needs in the most tangible ways. You know us, calling us each by name. The intricate details of our souls' deepest desires. To be loved, cared for and that we are worthy. Despite what our brain chemistry and adverse life experiences tell us, on Mental Health Awareness Month, and every month, God, the true Advocate, tells us we are worthy, cared for and loved and sees the uniqueness of our minds as beautiful and paramount to the mission of God. Help us then Lord Jesus to be stewards of the mission. To be mental

health advocates spreading love, not hate, working to break the stigma of mental health challenges. Amen.

Liturgy:

### **Call to Worship**

One: Come, let us worship the God that fearfully and wonderfully constructed your mind.

**All: And saw it as good, really good.**

One: Come, let us worship the God that travels through the deepest depths of the wilderness.

**All: And still drops tears for those who feel their own personal pain.**

One: Come, let us worship the God that heals the sick and lowly.

**All: And sits with those who need the presence of God.**

One: Come, let us worship the God who hears, feels and is with you in all of your pain and sorrow.

**All: Amen.**

One: Creator God, you fearfully and wonderfully made every intricate detail of our inmost being.

**All: Even when it feels as though one part has gone bad, you see it as good.**

One: Help us to see ourselves, through your eyes.

**All: Help us to see others through your eyes.**

One: Jesus showed us what radical community building through love and belonging looked like.

Help us to follow in Jesus' footsteps.

**All: Help us to create radical community for those living with mental health challenges and conditions and their loved ones.**

One: Help us be loving neighbors to those with such challenges and help us to love ourselves no matter where we fall on the mental wellness spectrum.

**All: Amen.**

One: Jesus told the raging storms to "be still".

**All: And with the same commanding voice, speaks to our souls today.**

One: We recognize that some may be in a storm today.

**All: Feeling the waves of depression, gusts of anxiety and shifts of weather that come with the reality of living with a mental illness.**

One: Lord Jesus, speak, "Peace, be still" to us today as we gather here for worship.

**All: And as we rest in your presence, Lord may the waves subside and thunder quiet.**

One: May we know your presence and your peace.

**All: Amen.**

One: May this be a safe space.

**All: A place where all are welcome.**

One: And recognized as children of God.

**All: With inherent dignity and worth.**

One: No matter where we fall on the mental health spectrum.

**All: Or what our challenges are.**

One: God walks with.

**All: And meets us here in worship today in all that we are.**

One: So, let us bring our whole selves to the table

**All: We open ourselves up to worship with God today. Amen.**