

# *Resources for Worship*

## Mental Health Inspired



 **Anabaptist Disabilities Network**

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# Prayers



May we discover

through pain and torment,  
the strength to live with grace and humor.

May we discover through doubt and anguish,  
the strength to live with dignity and holiness.

May we discover through suffering and fear,  
The strength to move toward healing.

May it come to pass that we be restored to health  
and to vigor.

May life grant us wellness of **body, spirit, and  
mind.**

And if this cannot be so, may we find in this  
transformation and passage

Moments of meaning, opportunities for love  
and the deep and *gracious calm* that comes  
when we allow ourselves to *move* on.

~Rabbi Rami M. Shapiro



O Holy God,

open unto me  
light for my darkness,  
courage for my fear,  
hope for my despair.

O loving God,  
open unto me

wisdom for my confusion,  
forgiveness for my sins,  
love for my hate.

O God of peace,  
open unto me  
peace for my turmoil,  
joy for my sorrow,  
strength for my weakness.

O generous God,  
open my heart  
to receive all your gifts.

~Howard Thurman



From chaos and emptiness,  
From loneliness and lifelessness,  
Come, Creator, Come.

From darkness and shapelessness,  
From the abyss and awfulness,  
Come, Creator, Come.

From fearfulness and hopelessness,  
From weakness and dreadfulness,  
Come, Creator, Come.

~A Celtic Prayer - David Adam

## Call to Worship

God calls us to love our neighbor as ourselves;  
**the one who is weak and the one who is strong,**  
the one who is happy and the one who is sad,  
**the one who is enjoying mental wellness today**  
and the one who is struggling with mental illness  
today,  
**the one whom we understand and the one we**  
**don't,**  
the one who is embraced and the one who is  
shunned,  
**the one who is like us and the one who is**  
**different.**

Come, let us worship together!

**We come, trusting God's abundant love!**

*~ The United Church of Christ Mental Health Network*



O risen Christ, you go down  
to the lowest depths  
of our human condition,  
and you burden yourself  
with what burdens us.  
Still more, you even go  
to visit those who have died  
without being able to know you.  
And even when within us  
we can hear no refrain  
of your presence,  
you are there.  
through your Holy Spirit  
you remain within us.

*~ Brother Roger, Taizé*

CALL TO WORSHIP: (Based on Psalm 104)

One: We gather in the presence of the One  
who breathes life into all of Creation.

**All: We sing God's praises, breathing in God's  
glory.**

One: All are welcome in the presence of the Most  
High.

**All: We come,  
seeking the goodness in the hands of God.**

One: We gather as God's beloved people,  
leaving no one outside.

**All: Together we reflect the fullness of God's love;  
together we bring God's love into the world.**

**One: Let us worship the Living God whose breath  
gives us life.**

*~ The United Church of Christ Mental Health Network*



Leader: When all hope is gone, Lord,

**Response: You are born.**

Leader: When the darkness is complete,

**Response: You come.**

Leader: When all things are beyond despair,

**Response: We find you.**

Leader: You roll back the stone

**Response: and are there to greet us.**

*~Graham Jeffery in Hear Our Prayer: An Anthology for  
Collective Worship*

# Liturgies

Within most of us there is a mourning,  
an empty space which was once filled  
or which we expected to fill,  
a sense of ourselves which is no longer there,  
a way of being and living which has gone.  
Within us there is a loss,  
a grieving for something held precious.  
In this moment we claim the dignity of our human  
journey,  
our travelling with a grief.  
In self-respect we claim it for ourselves  
and in compassion, we honor it in others.  
In faith, we lay it before a loving God.  
It is like a white light which burns within us  
in the dignity of our living.

~Dorothy McRae-McMahon



## Respecting the Loss

Sometimes loss is white with sharp pain,  
sometimes it is white with emptiness  
and sometimes it is a white and gentle warm light  
which starts to fill the space left by the loss.  
*Silent reflection.*

What are the losses which we want to honor  
before each other and before God today?  
What do we want to bring for naming as  
significant?  
worthy of our awareness,  
and worthy of our care?

~Dorothy McRae-McMahon



In the darkest night –  
when we feel most afraid  
**someone comes alongside us –  
a man walking in the darkness  
as if darkness were day.**

In the storms of life  
when we feel buffeted –  
our dreams blown and torn –  
our trust stretched to its fullest

**Jesus calls our name  
and calms the storms that assail us.**

In the trials of life  
when we feel overwhelmed by worry  
and apprehension

**Jesus reaches out a hand -  
invites us to trust  
and we find we can walk on water.**

~Wellspring Liturgy, [www.wellsprings.org.uk](http://www.wellsprings.org.uk)

# Scripture

## Jonah 2:5-7

Water encompassed me to the point of death. The great deep engulfed me, Weeds were wrapped around my head. I descended to the roots of the mountains. The earth with its bars was around me forever. But You have brought up my life from the pit, O LORD my God. While I was fainting away, I remembered the LORD, and my prayer came to You, Into Your holy temple.

## Matthew 11:28-30

"Come to Me, all who are weary and heavy-laden, and I will give you rest. "Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and YOU WILL FIND REST FOR YOUR SOULS. "For My yoke is easy and My burden is light."

## Matthew 9:12-13

But when Jesus heard this, He said, "It is not those who are healthy who need a physician, but those who are sick. "But go and learn what this means: 'I DESIRE COMPASSION, AND NOT SACRIFICE,' for I did not come to call the righteous, but sinners."

## Luke 6:20-22

Blessed are you who are poor, for yours is the kingdom of God. Blessed are you who are hungry now, for you will be filled. Blessed are you who weep now, for you will laugh.

## Galatians 6:2

Bear one another's burdens, and in this way you will fulfill the law of Christ.

## Romans 8:24-26

In hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience. Likewise, the Spirit helps us in our

weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words."

## Luke 15:1-10

The parable of the Lost Sheep;  
The parable of the Lost Coin

## John 4:7-30

The story of the Samaritan woman who Jesus asks for water and then promises to her, 'Living Water'.

## Psalm 88

I am overwhelmed with troubles

and my life draws near to death.

<sup>4</sup> I am counted among those who go down to the pit;  
I am like one without strength.

<sup>5</sup> I am set apart with the dead,  
like the slain who lie in the grave,  
whom you remember no more,  
who are cut off from your care.

## Isaiah 58:

The Lord will guide you always;

he will satisfy your needs in a sun-scorched land  
and will strengthen your frame.

You will be like a well-watered garden,  
like a spring whose waters never fail.

<sup>12</sup> Your people will rebuild the ancient ruins  
and will raise up the age-old foundations;  
you will be called Repairer of Broken Walls,  
Restorer of Streets with Dwellings.

