



UNITED IN PRAYER

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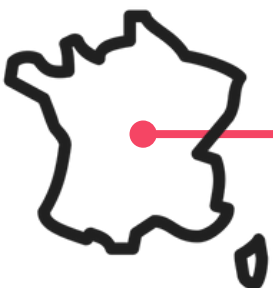
is about letting prayer do 'the heavy lifting', as we turn our attention to a world broken in so many areas and with a need of restoration. Our world is a beautiful place with difficult challenges. Even though we don't understand everything, we have at heart to pray for these different realities. We would like to learn, have empathy and grow our knowledge with the help of the Holy Spirit.

"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms." — Ephesians 6:12 (NIV)

This month we are praying for those with mental health. Ignoring the physical consequences for those affected by the disease,

the health crisis impacts us all our relationships which we have with the world, with others and with God. Our foundations are changed and this causes us to alter our mood, feelings and well-being. When our mental health is affected we can experience anxiety, fear, anguish, addiction, and even hopelessness.

KEY STATISTICS



Depressive and anxiety disorders doubled in the general population from late September to early November;

15 %

The most significant increase has been observed among the youngest of our society aged 18 to 34.

JANUARY



the power

I believe that the weapon the Church of Jesus Christ must bring to this current global table of unrest and crisis is prayer. It's a weapon that many outside of faith may never truly understand or appreciate - but regardless of whether they do or don't, prayer is what engages the spiritual realm, which is so often the core and cause of today's problems.." — Bobbie Houston (extract from chapter 21 — The Sisterhood)

of prayer

WE PRAY FOR

May God help us to distinguish our emotions and share what we feel with Him. Psalm 139:23 invites us to open an honest conversation about our sanity: "Search me, O God, and know my heart!";

May Jesus, our good shepherd, guide us in all our thoughts and feelings, may he lead us by His grace on "the way of life, the fullness of joy in his presence" (Psalm 16), may he lead us lead by still waters and restore our soul (Psalm 23);

The love of God and His creativity to show us how to encourage, support, listen and be generous to those around us in all circumstances and intentionally;

A social bond preserved and strengthened both at the family level and in friendships;

Particular divine protection for the young people who are most affected: we declare that God preserves the young people in their present and their future. God knows the plans formed for this generation to give them a future and a hope (Jeremiah 29:11). God gives back meaning and vision;

The awareness of the importance of mental health and that collective measures be taken for prevention and support at all levels of society.

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