



Association of
Catholic Mental
Health Ministers



CLICKTOPRAY



Pope's Worldwide
Prayer Network

Monthly Mental Health Day of Prayer

August 2022 – Pray for Families

We pray for Christian families around the world; may they embody and experience unconditional love and advance in holiness in their daily lives

WITH JESUS IN THE MORNING

Begin the new day with hope, offer him this day so that he may make it fruitful in service to others. “Should anyone press you into service for one mile, go with him for two miles.” It is in our family that we can be of special and intimate service. Family members who struggle with mental illnesses often need extra help and support. Trust in the Lord to help you to know what to say and what to do. Ask Mary to be with you as you support family members who face mental health challenges. Our Father ...

WITH JESUS IN THE AFTERNOON

Take a moment to draw your heart nearer to the Heart of Jesus Christ. Consider how your mental health is today. Take any anxiety, depression or sense of unworthiness that may be troubling your heart and place it before the Lord. Remember that you are loved into existence by the Lord every day. Reflect on what Saint Anthony of Padua, whose feast we celebrate today, wrote: “Be just as he made you to be. Do not go seeking another “you”.¹ Resume your day knowing that you are loved by Jesus Christ.

WITH JESUS IN THE NIGHT

Calm your mind. Be thankful for those times today when you experienced peace. When did the stresses and psychological challenges of the day affect your mental health? Ask God to forgive you when you were not sensitive to the mental health challenges of those around you. Ask God to help families who support a family member who lives with a mental illness? What can you do tomorrow to reduce the stigma that diminishes those families? Hail Mary ...

SCHOOL OF PRAYER CARD

Prayer for Mental Health Ministry in the Church

We pray that mental health ministry becomes an integral ministry in the Church that is available in every Catholic parish and community. We pray for the elimination of the stigma and discrimination that people living with a mental illness encounter.

Monthly day of prayer for Mental Health

Pope Francis asks us to “remember our brothers and sisters who suffer from mental illness, and the victims – often young people – of suicide. Let us pray for them and their families, so that they are never left alone, or discriminated against, but instead are welcomed and supported.”

¹ THE SERMONS OF ST ANTONY, Translated by Paul Spilsbury, FIFTEENTH SUNDAY AFTER PENTECOST, para. 5 (http://www.documentacatholicaomnia.eu/03d/1195-1231, Antonius_Patavinus, Sermones, EN.pdf)

We pray that the parents and family members of people living with a mental illness will find in the Church spiritual support that aids them in their efforts to care for their loved ones.

People who live with a mental illness are loved by Jesus Christ are not defined by their illness. Persons living with a mental illness have much to offer the Church and the community because living with mental illness gives one a unique insight into suffering, humility, compassion, friendship, and love

The Association of Catholic Mental Health Ministers (<https://www.catholicmhm.org>)

SOCIAL MEDIA POST

Pray for our brothers and sisters who suffer from mental illness, and their families, so that they are never left alone.

BLOG

Mental Health Challenges and Our Families

Families around the world face mental health challenges. May they offer unconditional love to family members who live with a mental health challenge so that the entire family can advance in holiness.

A famous family of saints, the Martin family of Lisieux, France, showed us how a family can support each other in facing mental health challenges. The parents of the family, Saint Louis and Saint Zélie Martin raised nine children, among them Saint Thérèse of the Child Jesus.

The father, Saint Louis Martin, suffered from a painful and humiliating mental illness.² A month after Saint Thérèse received her Habit, a joyous time in the life of the Martin family, she and her sisters experienced the great suffering of having their father admitted to a mental health hospital because he was experiencing delusions and disordered thoughts.

Saint Thérèse saw this as a type of martyrdom for the family and wrote to her sister, “Let us enter the arena together”.³ She recognized the need for family support writing to her aunt, “How kind Jesus is in allowing us, in the cruel trial He is sending, the consolation of seeing our sorrow shared and understood by our kind relatives!”⁴

Prophetically, she said of her family’s experience with this mental health crisis, “What a joy to be humbled; it is the only thing that makes saints!”⁵

This family of saints understood the difficult reality of caring for a loved one with a mental health disorder, yet they faced the challenges together as a family and helped lead each other to gates of heaven.

We pray to this family of saints to help all families who are suffering with mental health challenges.

² BENEDICT XVI, GENERAL AUDIENCE, St. Peter's Square, Wednesday, 6 April 2011, Saint Theresa of Lisieux

³ LT 82 - To Céline - February 28, 1889 (<https://www.archives-carmel-lisieux.fr/english/carmel/index.php/lt-81-a-90/1063-lt-82-a-celine>)

⁴ LT 84 - To Mme Guérin - March 12, 1889 (<https://www.archives-carmel-lisieux.fr/english/carmel/index.php/lt-81-a-90/1069-lt-84-a-mme-guerin>)

⁵ LT 82 - To Céline - February 28, 1889 (<https://www.archives-carmel-lisieux.fr/english/carmel/index.php/lt-81-a-90/1063-lt-82-a-celine>)