

# New Year Prayers to Prepare for the Year Ahead

A Prayer of Blessing in the New Year - “The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace” (Numbers 6:24-26).

It is good to know that there is a God in heaven who delights and enjoys blessing his people. Lord, in the midst of chaos brought on by mental illness, sometimes it’s hard to see your blessing. Help me to seek your face in this new year. Help me to desire you more than anything you could ever do for me. **We Pray to the Lord:** *Lord hear our prayer*

A New Year’s Prayer for Faith - “Let us hold unswervingly to the hope we profess, for he who promised is faithful” (Hebrews 10:23).

To be without hope is a dangerous place to be because at that point life feels like it’s not worth living. Mental illness may make a person feel like this, but you don’t have to remain in that place. Lord, let your faithfulness be the thing I remember and rely on. Let that be the source of my hope and joy. **We Pray to the Lord:** *Lord hear our prayer*

A Prayer of Hope after a Hard Year - “For I know the plans I have for you,” declares the Lord, ‘plans to prosper you and not to harm you, plans to give you hope and a future.” (Jeremiah 29:11).

This year has been hard in so many ways, and yet we still must press on. Lord, after this hard year help me not to forget you are with me. There is hope in your love. Help me not to look around but look up and remember that my hope is not in what’s around me, but my hope is in you. **We Pray to the Lord:** *Lord hear our prayer*

A Prayer for Reconciliation - If it is possible, as far as it depends on you, live at peace with everyone” (Romans 12:18).

At times mental illness has made this past year feel like life been more divisive than ever. Lord, this has been a year with many questions and very deep emotions coming to the surface. Help me to push past every divisive thing and move to a place of reconciliation. Let the fruit of the Spirit be evident in my life as I seek to be a healer of broken and angry hearts. **We Pray to the Lord:** *Lord hear our prayer*

A Prayer for New Beginnings- “Forget the former things; do not dwell on the past. See, I am doing a new thing!” (Isaiah 43:18-19).

Lord it is so hard to pick up the pieces after mental illness has shattered so many things and keep moving forward. Give me faith to know that regardless of what mental illness has made this past year look like we can start over. Help me not to run with my head looking backwards. Help me to run forward with faith, hope and love. **We Pray to the Lord:** *Lord hear our prayer*

A New Year’s Prayer for Peace - “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid” (John 14:27).

The reality of peace is that it is not the absence of chaos but the presence of calm within the chaos that at times accompanies mental illness. Lord, in spite of what I see and everything happening, I pray for your complete peace. In my circumstances don’t let me be anxious or troubled. Help me to pray about everything, leaving it all in your hands. **We Pray to the Lord:** *Lord hear our prayer*

***Our Father .... Hail Mary... Glory Be...***