



Prayer:

Jesus, I know that when you walked on the earth, you trod upon hard places, you felt the strain of this world and the pressures of mental torment.

So I ask that you would come besides me now, lead me through this time where my mind cannot cope. Help me to find peace and calming inner thoughts.

You hold me safe Lord, Jesus, my Lord.

Pope Francis:

'In your experience of illness, you certainly need a place to find rest. The Church desires to become more and more the "inn" of the Good Samaritan who is Christ, that is, a home where you can encounter his grace, which finds expression in closeness, acceptance and relief.'

Scripture:

It is good to sing praises to our God.

It is good and pleasant to praise him. The Lord rebuilds Jerusalem. He brings back the scattered Israelites who were taken captive. He heals the broken hearted. He bandages their wounds.

He counts the stars and names each one.

Our Lord is great and very powerful.

There is no limit to what he knows.

The Lord defends those who are not proud.

But he throws the wicked to the ground.