

A Prayer of Healing for Mental Illness

May the One who blessed our ancestors bless me with strength and healing as I struggle with emotional distress and mental suffering. May I walk in the footsteps of Jacob, King Saul, Miriam, Hannah, and Naomi, who lived with dark moods, hopelessness, isolation, and terror, but survived and led our people. Just as our father Jacob spent the night wrestling with an angel and prevailed, may I be granted the endurance to wrestle with pain and prevail, night upon night. Grant me the faith to know that though, like Jacob, I may be wounded, shaped, and renamed by this struggle, still I will live on to continue an ever-unfolding, unpredictable path toward healing. May I not be alone on this path but accompanied by family in all its forms, friends, caregivers, ancestors, and the Divine Presence. Surround me with loving-kindness, grace, and companionship, and spread over me a *sukkat shalom*, a shelter of peace and wholeness.