

## A Prayer for Those With Mental Illness

May the One who blessed our ancestors bless all among us who live with mental anguish and illness, bless those who provide care for them, their families and friends; May those among us struggling with such anguish walk in the footsteps of Jacob, King Saul, Miriam, Hannah, Elijah and Naomi who struggled with dark moods, hopelessness, isolation and terrors but survived and led our people. Just as our father, Jacob, spent the night wrestling with an angel and prevailed, may all among us who live with depression, debilitating anxiety and mental anguish and any sort of psychiatric condition be granted the endurance to wrestle with our pain and prevail night upon night. Grace us with the faith to know that though, like Jacob, any of us may be wounded, shaped and renamed by this struggle, still we will live on to continue an ever unfolding, unpredictable path toward healing. May none of us ever be alone on this path but instead may we be accompanied by our families, friends, caring professionals, ancestors and the Divine Presence. Surround us with loving-kindness, grace and companionship and spread over all who are in pain and over all of us a sukkat shalom, a shelter of peace and wholeness. And let us say, Amen.

*Adapted from a prayer composed by Rabbi Elliot Kukla of the Bay Area Jewish Healing Center*