
A blessing Prayer

May you be blessed with life's abundance and blessed in poor days too, learning again what really matters, what lasts.

May you never give in to despair or the lie that nothing can change.

May you find ways of life and walk them with courage, knowing that every step is within the heart of Christ who holds all our days in love.

© Revd Dr Christopher Jenkins

Some Useful Information

You may find the following websites useful:

<https://www.mind.org.uk>

<https://www.rethink.org>

<https://www.livability.org.uk>

<https://www.mentalhealthmatters-cofe.org>

<https://www.mindandsoulfoundation.org>

Telephone contacts:

Sussex Mental Health Line. 0300 500 0101

Samaritans 116 123

<https://www.samaritans.org/how-we-can-help-you/contact-us>

In our area these are places where you will find a welcome or advice:

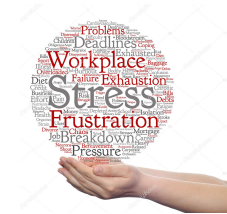
Church to add their own resources according to the local area

**TOGETHER
SUSSEX**
A JOINT VENTURE BETWEEN THE
DIOCESE OF CHICHESTER AND CUF

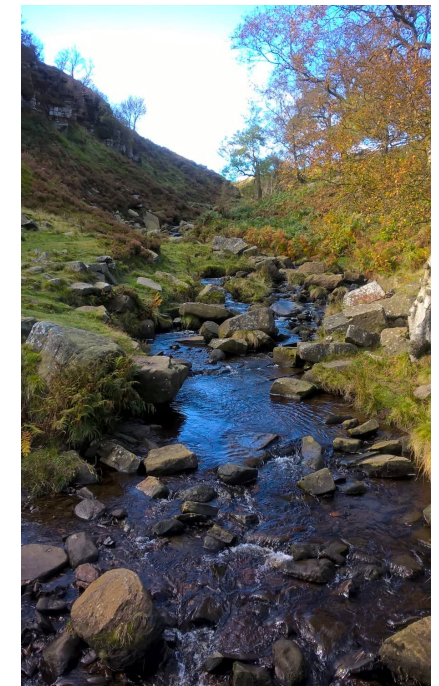
Welcome to

Insert name of Church

Sometimes life feels confusing and facing each day can be hard; you are welcome here and we pray that you will find a little peace.



*Come and be
refreshed*



This is a safe space for you to sit awhile. You may like to say a prayer - just say what is on your heart or use one of the prayers in this leaflet.

On the back page of this leaflet there are some useful websites and contacts that might be helpful if you have a particular question or query or if you want to find out what is going on locally.



It's ok not to be ok.

The Bible is full of people who were not ok and who cried out to God.

Jesus said:

'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.'

Matthew 11: 28-30

You might also like to grab a Bible that is in the church and have a look at **Psalm 77** (open the Bible in the middle and you'll find it near there)

A prayer

Spirit of Jesus, take my deepest longings and my heaviest burdens.

Spirit of Jesus, take my deepest fears and my heaviest dreads.

Spirit of Jesus, may I find rest for my soul and hope even when things feel at their darkest.

Lord God, Father, Son and Holy Spirit,
may I know you sitting with me in the silence,
may I know you weeping with me in my pain,
may I know your light in the darkness.

And may I know your strength in my midst of my fear
and your shelter in the day of trouble. Amen

Psalm 121

I lift up my eyes to the hills—
from where will my help come?
My help comes from the Lord,
who made heaven and earth.

He will not let your foot be moved;
he who keeps you will not slumber.
He who keeps Israel
will neither slumber nor sleep.

The Lord is your keeper;
the Lord is your shade at your right hand.
The sun shall not strike you by day,
nor the moon by night.

The Lord will keep you from all evil;
he will keep your life.
The Lord will keep
your going out and your coming in
from this time on and for evermore.

