



Current Issues in Prayer

November 2021

Welcome! The Pope invites people of good will to come together and pray that people who suffer from depression or burn-out will find support and a light that opens them up to life.



Getting started:

I sit down in a comfortable place and put aside my daily worries and preoccupations as I become aware of God's presence.



Short story:

Steph had two black dogs. Sometimes she only had one. But once she saw him, she knew the other one would follow. She wished they would die and never return.

The black dogs' names were *depression* and *anxiety*. Although Steph was their master, she had no control over them. They were constantly barking, confusing her. She could not think with them barking so loudly. The shame of owning them made her run away. She felt they were a sign of weakness. Steph got so busy worrying about people seeing the black dogs, so worried the dogs would escape and bite someone, that she gave up trying. She isolated herself, and ended up alone with them.

Years passed, and the dogs took over everything in her life, including her job and marriage. She was all alone as she pushed people away not wanting others to see the real side of her. All the things Steph used to enjoy became pointless. The dogs distracted her and ruined everything surrounding her. She got so tired that she wanted to end it all. In fact, Steph tried to commit suicide once, but luckily it was unsuccessful. However, one day she decided to get help. Things have changed since then, and everyday started getting better. Steph could finally see a light at the end of the tunnel.



Time to reflect:

Do I look after my mental health? Do I talk about my feelings? Do I exercise? Do I eat healthy? How do I deal with the pressures of life? Am I too proud to admit my weaknesses? Or do I surrender to God, and give Him all my burdens?



Let us pray:

Dear Lord, in your infinite mercy, bring peace and comfort to those of us who sometimes face days filled with pain and depression. Help them to realize that through you there is joy and the promise of lasting peace.



Inspiration:

One who is living the harsh experience of depression needs, from a spiritual point of view, to recover a profound sense of trust in the God who saves and whose grace is powerful enough to overcome the most rending trials.

Cardinal Jorge Medina Estevez



Hands on:

I think of a relative or a friend who is suffering from depression. I try to understand what he is going through. I offer him support and accompany him through my prayers and my friendship.