

A Prayer For Mental Health(1)

Erin Ramachandran

Darkness Is My Only Companion Kathryn Greene-McCreight,2006-04 A brave and compassionate look at mental illness that offers theological understanding and personal insights from author's experiences.

Bipolar Faith Monica A. Coleman,2022-02-08 Overcome with mental anguish, Monica A. Coleman's great-grandfather had his two young sons pull the chair out from beneath him when he hanged himself. That noose remained tied to a rafter in the shed, where it hung above the heads of his eight children who played there for years to come. As it had for generations before her, a heaviness hung over Monica throughout her young life. As an adult, this rising star in the academy saw career successes often fueled by the modulated highs of undiagnosed Bipolar II Disorder, as she hid deep depression that even her doctors skimmed past in disbelief. Serendipitous encounters with Black intellectuals like Henry Louis Gates Jr., Angela Davis, and Renita Weems were countered by long nights of stark loneliness. Only as Coleman began to face her illness was she able to live honestly and faithfully in the world. And in the process, she discovered a new and liberating vision of God. Written in crackling prose, Monica's spiritual autobiography examines her long dance with trauma, depression, and the threat of death in light of the legacies of slavery, war, sharecropping, poverty, and alcoholism that masked her family history of mental illness for generations.

The Prayer Shawl Ministry Leisure Arts,2005 The Prayer Shawl Ministry, -Knitters and crocheters of all faiths are creating handmade shawls as gifts of comfort, hope and peace. 8 beginner friendly shawls.

The Bible and Mental Health Christopher C.H. Cook,Isabelle Hamley,2020-08-30 Is it possible to develop such a thing as a biblical theology of mental health? How might we develop a helpful and pastoral use of scripture to explore questions of mental health within a Christian framework? This timely and important book integrates the highest levels of biblical scholarship with theological and pastoral concerns to consider how we use scripture when dealing with mental health issues.

Prayer Journey Jean Pelser,2023-04-24 My Prayer Journey to Better Mental Health invites you to embark on a structured 21-day prayer journey that encourages you to rediscover God's presence in your life. On this prayer journey, you will have the opportunity to explore and practise three different prayer practices that have been scientifically proven to have a positive impact on mental health.

The 100 Most Powerful Prayers for Mental Health Toby Peterson,2017-04-10 Audio Version is Now Available with

Audible! Exclusive Offer - Today Includes 2 Amazing Bonus Books: The 100 Most Powerful Prayers for Brain Health & The 100 Most Powerful Prayers for Self-Esteem You will not achieve fulfillment and happiness until you allow God to be the architect of your reality. Imagine that with a few moments each day, you could begin the powerful transformation toward complete control of your own life and well being through prayer. You will be able to release all fear and doubt simply because you know that God gives you the strength. You can utilize this simple, proven technique to regain the lost comforts of joy, love, and fulfillment in your life. God's gift of life is too short to be exhausted on thousands of everyday anxieties and fears. Sadly, the average person will get to the end of their life and realize that more than half of it was spent struggling with these kinds of problems. Because they didn't know what to do, many of these people never found any satisfaction in life. You can and will become bigger than those struggles by enhancing the positive energy that God already has flowing within you. You are exactly who you think you are, and it's up to you to create those thoughts and manifest them as God's creation. No more lack of faith, motivation, and feelings of doubt in your life. No person can find happiness in an environment beyond his or her control. But you can get up, get out, and take control with God. Get what you want and desire from the world like millions of others around the globe using prayer. You are already blessed with the power to assert your own perceptions and transform your thoughts and desires into reality. By using prayer daily, you will unlock that natural potential that God placed inside of you. Prayer starts by creating a cycle of continuous prayers. You must believe and repeat these declarations and prayers each day. If the thoughts and ideas that we affirm are not true in reality, a dynamic tension is created between your perceived reality and your psyche. This presence of dynamic tension causes imbalance between your psyche and perceived reality. Your consciousness will work to get back in tune with the God's vision of the universe to resolve the tension. There are two simple ways to ease this tension. You must work with God's creation in order to make your declarations become true, or you must stop the prayer. As you choose to continue praying, your mind and body will seek to balance this inequality with the universe by transforming your environment to match your declarations of truth. Sooner than later, you will find yourself taking positive and decisive action that you never imagined possible as your perceptions naturally align with your true reality. If you want to see positive change now, you'll find the quickest path to fulfillment with prayer through God's love. There is no time to spend on loss, negativity, and defeat when you can be achieving tangible, historically proven results with minimum time and effort invested. There is no limit to changes that God can make in your life through the power of creating truth with prayer... Read This Book To Change Your Life Today! Also available in Audiobook & Ebook Format

Time for God Jacques Philippe, 2017-03-29 Many people today are thirsty for God and feel a desire for an intense, personal prayer life that is deep and ongoing. But they encounter obstacles that prevent them from following the path seriously, and especially from persevering on it. *Time for God* was written with these desires and difficulties in mind. In *Time for God*, author Jacques Philippe mainly concentrates on mental prayer: prayer that consists of facing God in solitude and

silence for a time in order to enter into intimate, loving communion with him. Practicing this kind of prayer regularly is considered by all spiritual masters to be an indispensable path that gives access to genuine Christian life—a path to knowing and loving God that empowers us to respond to his call to holiness addressed to each individual. Philippe draws on years of experience as a spiritual guide to illuminate the fundamental principles of mental prayer and describes some common mistakes and misconceptions that can lead it astray. With simplicity and clarity he explains the foundational principles for a healthy prayer life and gives advice for overcoming the various obstacles that arise when one sets off on the path of interior prayer.

When Despair Meets Delight Tony Roberts,2020-09-21 When Despair Meets Delight: Stories to cultivate hope for those battling mental illness. It is a both a memoir and a model for doing mental health ministry. By sharing his own story, Tony Roberts hopes to share the hope of Christ with those impacted by mental illness.

Science and Health, with Key to the Scriptures Mary Baker Eddy,1890

A Prayer Journal Through Mental Illness ,2008-06-30 A Prayer Journal Through Mental Illness is based on a true story of the feelings, struggles, triumphs and defeats of a courageous mid-life lady who journals in prayers through mental illness. She writes of new love with her fiancé, her daily efforts to maintain her sensibilities, vocation challenges, her coping with the severe difficulties of mental illness and relationship, and her conversion from Evangelical Christianity to Roman Catholicism. It is a story about the soul in need of God's reassurances and the hope of the human spirit to show what it is like to be mentally ill and yet overcome. Written for the laity, the medical profession, the clergy, the disabled and their families in mind is this prayer journal. It is of hope to consider its influences. It is of deep wisdom to call upon the Lord with prayers for those seeking divine healing with illnesses of difficult prognosis. It is of love to share these prayers with you.

Mental Illness, God, and Healing Bob Bienvenu,2015-12-06 Bob Bienvenu we are getting to the end of my story about mental illness and how spirituality can greatly help one in dealing with their illnesses and also greatly enhance their lives I started my book with the history of mental illness and how science and medicine have progressed in dealing with the mentally ill. Then I gave a history on the beginnings of psychiatry and therapy and I gave information on our early founding fathers of psychology and its progression and new knowledge up until today. Finally I covered some of the more well-known mental illnesses with information on their causes and their symptoms and treatment while adding my own opinions on spirituality and other ideas I have acquired from researching mental illnesses for my television show. Also the knowledge and information I have received from my psychiatrist and therapist and my mental health support groups I have been going to on and off for the last 20 years. Finally I have given you the reader insight into the different ways I have coped with my mental illnesses by always taking my medicine, seeing my doctors and going to church and my NAMI support group. And lastly and the most important part of my recovery is developing a relationship with Jesus Christ who besides being the CREATOR OF

THE WORLDS and The Supreme Being has given me a new lease on life and has given me salvation by believing in him for all things and most of all knowing him as A FRIEND WHO STICKS CLOSER THAN A BROTHER. I do hope I have given those who have read this book encouragement and hope if you are dealing with a mental condition or you are caring for a loved one with mental issues. I adhere to everything I have talked about and it has given me a new and happy and productive life and I hope it will do the same for you. Remember as the bible says, Pray without ceasing, Prayer and Love are the two of the most powerful forces in the UNIVERSE besides the name of JESUS. To all my readers I wish you GOD speed and may you find GOD. GOD bless you all WITH MUCH LOVE BOB BIENVENU

Mental Health Strong Erin Ramachandran,2019-05-20 Do you feel hopeless, tired, and worn out? Do you feel as though you're losing your own mind? Are you ready to give up on your marriage because of your spouse's mental health or addiction challenge? Twenty percent of the US adult population is diagnosed with a mental health condition each year. Fifty percent of the US adult population is married. Twenty to 80 percent of marriages where a mental health condition exists are more likely to end in divorce depending upon the diagnosis. In Mental Health Strong, Erin Ramachandran and her husband, Keith, believe their purpose is to help marriages affected by this 20/50/80 statistic not merely survive but thrive. They encourage marriages impacted by mental health or addiction challenges to work toward being Mental Health Strong. Written from the perspective of a spouse whose partner battles multiple mental health conditions, this guide offers real-life, faith-based, practical examples and resources. Mental Health Strong leverages more than fifty resources that have worked for Erin as she lives with the realities of her husband's mental illness day in and day out. Erin shares steps, which include prayers and Bible verses, that spouses can adopt to walking resiliently alongside their partners against the backdrop of a mental health condition.

Less Panic, More Hope Daniel C. Okpara,2018-09-02 You can have peace in a troubled world More people (than we know) worldwide have a mental illness - such as depression, anxiety, fear, schizophrenia, eating disorders, and other addictive behaviors. In my ministry to others, it has remained one of the most challenging situations to handle. The World Health Organization says that it is a leading cause of disability globally. Some common signs of mental or emotional illnesses include: -Constant feeling of sadness. -Confused thinking or reduced ability to concentrate. -Unwarranted fears, worries, or extreme feelings of guilt. -Life-threatening mood changes of highs and lows. -Withdrawal from friends and social activities. - Extreme overtiredness, low energy, or constant difficulty in sleeping. -Removal from reality (delusions), paranoia or illusions. -Inability to cope with day to day problems or stress. -Trouble relating to situations and people. -Alcohol or drug abuse. - Major changes in eating habits -Sex drive changes. -Too much anger, hostility or violence. -Unnatural suicidal thoughts. - Sometimes sufferers experience stomach pain, back pain, headache, or other unexplained aches and pains. Why do people have a mental illness? Medical research does not know precisely what causes mental illness. They suggest it could be a result

of genetic factors, environmental exposure (stress, provocative conditions, toxins, alcohol or drugs) or unidentified brain chemical reactions. In this book, *Less Panic More Hope*, my goal is to speak healing and restoration to your mind. I want to show you that there is hope, and that life has excellent opportunities for you irrespective of what you have gone through. I want to help you identify your fears, worries, anxieties, depressions, and other mental and emotional challenges you have right now, and deal with them with God's word. I want to encourage you to take your discouragements, anxieties, fears, and disappointments to God in prayer and experience His peace that passes understanding.

Big Kids Pray Shyree Huggins-Battle, 2020-12-15

Catechism of Mental Prayer Very Rev. Joseph Simler, 1985-02 This booklet clearly explains what mental prayer or meditation is and how to do it. Whereas larger books about this topic fail, this booklet succeeds in helping to seek a true understanding of mental prayer as a form of meditation. Takes the beginner step-by-step through the 3 basic aspects. Mental prayer is for all--so is this book.

Simple Prayers To Pray To Support Your Mental Health Cassandra Mack, 2022-09 In, *Simple Prayers To Pray To Support Your Mental Health*, you are provided with quick and simple Bible-based prayers that you can incorporate into your mental self-care regimen whenever you need to mentally anchor yourself in the soothing power of the scriptures. There's no question that we are living in some very challenging times where it's more important than ever before to be proactive about your mental wellbeing. Prayer is both a spiritual tactic and psychological coping skill that you can add to your self-care toolbox to aid you in cultivating robust mental health. Included in this book are prayers you can pray if you are stressed, overwhelmed by a toxic workplace or toxic co-workers affecting your peace, PTSD, anxiety, persistent worry, grief and loss and depression. You can pray these prayers any time or any place. You can pray these prayers for yourself or for others. There are tremendous mental health benefits to prayer. Prayer can help bring a sense of calm to your mind, lift your mood, change your attitude, and ease your level of stress. The world is filled with lots of things that can make us feel stressed, worried, anxious, and depressed; prayer helps us to feel more peaceful in the moment and more in control of our inner world. Prayer fosters a sense of mindfulness, where we can anchor ourselves in the present moment, instead of worrying about a future that we cannot control or dwelling on the past that we do not have the capacity to change. Prayer helps us to become more aware of the desires of our heart which in turn inspires us to expand our vision for our lives and find greater meaning, and purpose. Prayer can help you create a peaceful and relaxing atmosphere both at home and at work. Prayer can help you release pent-up emotions and channel anger constructively. Prayer can help you live by a higher set of values that foster: kindness, generosity, gratitude, integrity, compassion, and patience. Prayer enables you to mentally regroup for those times in your life when you need to take a moment to shift gears or re-think a decision that merits deeper thought. These are just a few of the many ways that prayer helps to facilitate positive mental wellbeing. The power of praying when you feel stressed

or overwhelmed is this: ...Prayer allows you to mentally lay down your burdens for a while and find moments of respite when you feel weary, or overwhelmed so that you can de-stress, refresh your mind, recuperate your inner strength, tap into your internal resources, and persevere through tough times. As you read and pray the prayers in *Simple Prayers To Pray To Support Your Mental Health*, it is my hope and prayer that the prayers in this book bring you comfort, inner strength and peace.

Mental Health Recovery: Can Prayer Cure Mental Illness? Can people fully recover from mental illness ?

vencislav hristov,2014-09-20 Can Prayer Cure Mental Illness Today ? Can people fully recover from mental illness ? This book is all about Mental Health. Mental illness is little understood and difficult to properly diagnose, because the symptoms can be aggressive and anti social, the sufferer is often ostracized socially and at the work place. It is a stigmatic illness because there is a social reluctance to recognize or deal with the problem and to know how to handle the illness. Instead the illness needs to be carefully understood and when the symptoms do occur they can be properly and sympathetically managed. There are various types of mental illness, bipolar, a common condition, which is caused by a chemical imbalance in the brain, where the subject finds it difficult to deal with traumas and stress situations. Obsessive Compulsive Disorder (OCD) is caused by an imbalance of hormones in the brain or changes in the nervous system, a common mental condition having two distinct behavioral patterns. The obsessive disorder is displayed in behavior such as obsessive cleanliness and the compulsive disorder is manifested in the repetition of simple tasks such as repeatedly washing hands or continually arranging and rearranging furniture. OCD is difficult to treat and manage. Behavior therapy will improve the physical symptoms and medication is used to treat the chemical imbalance. Schizophrenia has no cure and the cause is not known. The signs are confusion and loneliness; subjects can become aggressive without warning and without cause. Schizophrenia paranoia is a particularly nasty condition where the subject suffers from frightening thoughts and hallucinations. Medication plus natural vitamins can help, the best treatment, however, is proper care, understanding and support.

Cognitive Function Restoration Prayers For Healing Depression Quick Read Part 1 Yaakov Yitzchak,2024-02-08

Introducing *Cognitive Function Restoration Prayers For Healing Depression Quick Read Part 1* by Yaakov Yitzchak. In a world where the complexities of mental health often seem insurmountable, Yaakov Yitzchak's groundbreaking work offers a ray of hope and guidance. Through the pages of this profound book, readers will embark on a transformative journey, exploring the intersection of cognitive function restoration, spiritual healing, and the power of prayer. From the very outset, it becomes evident that this work is not merely a collection of prayers, but a profound testament to the resilience of the human spirit and the healing potential of faith in Jesus. Within these pages, Yitzchak seamlessly intertwines the wisdom of biblical verses with the profound impact of prayer, all said in the name of Jesus. This fusion creates a powerful foundation upon which the restoration of cognitive function and the alleviation of depression are explored. They are words that resonate

with the very essence of faith and its ability to instill hope in the midst of despair. At its core, this quick read is a testament to the enduring power of prayer, offering solace and strength to those grappling with the weight of depression. Yitzchak's work serves not only as a source of comfort but also as a guide, providing readers a pathway toward reclaiming mental clarity and cognitive function. Cognitive Function Restoration Prayers For Healing Depression Quick Read Part 1 invites readers to partake in a journey of self-discovery and spiritual rejuvenation. Through the fusion of timeless biblical verses and the invocation of Jesus's name in prayer, Yitzchak presents a compelling case for the transformative potential of faith in Jesus Christ of Nazareth in restoring cognitive function and illuminating the path toward healing. It is a narrative of triumph over adversity, a beacon of light for those navigating the often turbulent seas of depression and decrease in cognitive function. Join Yaakov Yitzchak in this poignant exploration, and discover the profound impact of prayer and faith in the restoration of cognitive function and the healing of the spirit. Why you should read the book: Discover Hope and Healing: Cognitive Function Restoration Prayers For Healing Depression Quick Read Part 1 Are you seeking a beacon of hope in the midst of depression's relentless grip? Look no further than Yaakov Yitzchak's transformative work, a book that promises to illuminate the path toward cognitive restoration and emotional well-being. Through the fusion of biblical verses and prayers invoked in Jesus's name, this quick read stands as a testament to the enduring power of faith in Jesus and its profound impact on mental health. In a world where the weight of depression often feels overpowering, Yitzchak's narrative offers a lifeline, weaving together timeless wisdom and the transformative potential of prayer. This isn't just a book; it's a guiding light, a source of solace, and a practical roadmap for those navigating the complexities of cognitive function and emotional distress. Within these pages, readers will discover a narrative that resonates with the very core of spirituality and its ability to instill hope in the face of adversity. Yitzchak's prayers serve as a reminder that, even in the darkest of times, the power of faith in Jesus can illuminate a path toward restoration and healing. This quick read isn't just about words on a page; it's an invitation to embark on a journey of self-discovery and spiritual rejuvenation. Through the fusion of powerful biblical verses and prayers offered in Jesus's name, Yitzchak presents a compelling case for the transformative potential of faith in restoring cognitive

Lost Marbles Natasha Tracy,2016-10-24 Natasha Tracy has written a book that straddles the chasm between self-help and memoir. Natasha's own experiences with bipolar disorder and depression illustrate what it is truly like to live with serious mental illness and offer real-world ways to live better with it. Natasha pulls no punches, doesn't sugarcoat and yet still offers real hope to the reader. This book will give those with mental illness and their loved ones ah-hah moments on every page.--

I Love Jesus, But I Want to Die Sarah J. Robinson,2021-05-11 A compassionate, shame-free guide for your darkest days “A one-of-a-kind book . . . to read for yourself or give to a struggling friend or loved one without the fear that depression and suicidal thoughts will be minimized, medicalized or over-spiritualized.”—Kay Warren, cofounder of Saddleback Church

What happens when loving Jesus doesn't cure you of depression, anxiety, or suicidal thoughts? You might be crushed by shame over your mental illness, only to be told by well-meaning Christians to "choose joy" and "pray more." So you beg God to take away the pain, but nothing eases the ache inside. As darkness lingers and color drains from your world, you're left wondering if God has abandoned you. You just want a way out. But there's hope. In *I Love Jesus, But I Want to Die*, Sarah J. Robinson offers a healthy, practical, and shame-free guide for Christians struggling with mental illness. With unflinching honesty, Sarah shares her story of battling depression and fighting to stay alive despite toxic theology that made her afraid to seek help outside the church. Pairing her own story with scriptural insights, mental health research, and simple practices, Sarah helps you reconnect with the God who is present in our deepest anguish and discover that you are worth everything it takes to get better. Beautifully written and full of hard-won wisdom, *I Love Jesus, But I Want to Die* offers a path toward a rich, hope-filled life in Christ, even when healing doesn't look like what you expect.

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A Prayer For Mental Health(1) Introduction

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