



THURSDAY, JANUARY 22

Praise!

"Praise the LORD, you his angels, you mighty ones who do his bidding, who obey his word. Praise the LORD, all his heavenly hosts, you his servants who do his will. Praise the LORD, all his works, everywhere in his dominion." Psalm 103:20-22

4 PRAYERS FOR MENTAL HEALTH & FIRST RESPONDERS

Portions of these prayers authored by Gloria Lamptey



Prayer for Healing & Strength

Lord, You are close to the broken-hearted. Heal, strengthen, and deliver those struggling with burdens unseen. Place their feet on solid ground and put a new song in their mouth.

Bring peace to hearts burdened by anxiety, depression, and emotional pressures. Surround them with hope and remind them of Your presence in their darkest moments.

We pray for workers in high-pressure jobs who face overwhelming stress. Grant them support, understanding, and time to recover. Strengthen them physically, mentally, and spiritually.



Prayer for Sources of Support

Heavenly Father, we pray Christians to be Your hands and feet, channels of Your love and compassion to those in pain, suffering from mental and emotional struggles.

We ask that wait times for care and counseling be greatly reduced, and that no one in dire need be turned away.



Prayer for Mental Healthcare Workers and Caregivers

We also lift up Christian counselors and all those serving in mental healthcare—may they see Your hand at work in the lives they touch. Give them wisdom, patience, and endurance as they bring hope and healing. Let every act of care reflect Your love and lead people closer to You.

Compassionate God, minister to family members and caregivers for those with mental health challenges. Give them renewed patience, strength, hope, and love. Heal their hearts where there is disappointment, and fulfill their longings. Give respite, that they may return refreshed.



Prayer for First Responders

Father, we thank You for those who protect and serve. Grant them divine protection, strength, and peace. Heal trauma, calm anxiety, and refresh their spirits. Surround them with support and resilience.

Empower them to serve with compassion, courage, and clarity. Let Your presence guard their lives and families.

For more prayer points visit cityonourknees.ca January 18-24, 2026