

## a prayer for mental health

dear God  
sometimes i feel so terrible  
that i wonder if You are there  
if You can see me  
because i can't seem to hear You

but i know You hear me  
when i call out for Your help  
when i plead for Your mercy

i'm holding tightly to the truth  
that You are a stronghold  
in times of trouble  
because these days  
i have trouble  
and i need a place of refuge

i want to keep putting my trust in You  
for You do not turn away from the ones  
who come to You for help

here i am, Lord  
please help me  
amen

*The LORD is a stronghold for the oppressed, a stronghold in times of trouble. And those who know your name put their trust in you, for you, O LORD, have not forsaken those who seek you.*

*Psalm 9:9-10*

*I had said in my alarm, "I am cut off from your sight." But you heard the voice of my pleas for mercy when I cried to you for help.*

*Psalm 31:22*