

pray for ★ columbus

MENTAL HEALTH - October 2023 Prayer Guide

ANSWERED PRAYERS

- Even though issues like depression and anxiety are on the rise, so too are many people's **reception to the gospel**. So many are searching for hope and finding it in Jesus Christ.
 - Healing and deliverance in the area of mental health is happening in churches across our city! **Praise God that many are getting connected to gospel-centered churches** and receiving the love of Christ.
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SPECIFIC REQUESTS

- Pray **Luke 1:78-79** over those "sitting in darkness and in the shadow of death." **Ask Jesus to shine on them and guide them into peace.**
- Pray for mental health patients to experience Jesus' healing touch.
- Pray for the Lord to work powerfully through Christian doctors & therapists to **relieve the suffering of their patients for His glory.**
- **Declare Genesis 1:27 over this generation.** Pray **against the sexualization and gender-confusion agenda of the enemy** that is attacking our culture (Ephesians 6:10-19). Ask Jesus to remove any blindfolds from the god of this age (2 Corinthians 4:4) and for people everywhere to come to a knowledge of the truth (1 Timothy 2:4).
- Pray specifically for those who practice in the area of mental health to have the **freedom to minister according to their deep convictions** and declare the truth to set people free (John 8:32, John 18:37-38)
- Specific, measurable prayers for our city:
 - **Pray for the percentage of Christians to increase faster than our general population.**
 - **Ask God for a dramatic decrease in all forms of violent crime in Columbus over the next two years.**
 - **Ask God for every single Columbus City School to have a church or Christian nonprofit partnership.**

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MENTAL HEALTH - October 2023 Personal Prayer Guide

PRAISE and THANKSGIVING

- **Worship God meditating on Isaiah 61:1-3.** List out ways Jesus has bound up your broken heart and set you free.
 - Be still before the Lord and acknowledge who He is, meditating on attributes about Him that come to mind.
 - **Come into His Presence with thanksgiving.** Share with others in your prayer group or with a trusted friend things you thank God for in your life.
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CONFESSION and INTERCESSION

- **Invite the presence of the Holy Spirit to convict you of anything inside you contrary to His will. Ask God for a soft heart** if confession, reconciliation or forgiveness is needed. (Psalm 139:23-24, 1 John 1:9, and Matthew 5:23-24)
 - **Pray for a knowledge of the truth and reality in our culture. Ask God to set people free with the truth.** (John 14:6, John 18:37-38)
 - Pray for ministries, churches and organizations who minister to those with mental health issues. **Pray for an abundance of provision, strength and favor for God's laborers.** (Philippians 4:19).
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PRAY ALOUD

Father God, You sent Your Son Jesus as light in the darkness. As John tells us, Your light shines in the darkness and the darkness cannot overcome it! Would You shine Your light of truth over all who sit in despair, depression, anxiety and confusion. Remove blindfolds to the truth and the revelation of Your love at calvary. Take away any fear and replace it with Your Spirit of Power, love and self-control. Jesus, we proclaim the year of Your favor over our city! Come bind up the broken hearted and set the captives free! Raise up a chorus of worshippers bestowed with a crown of beauty instead of ashes, the oil of joy instead of mourning and garments of praise instead of despair. May we stand as oaks of righteousness for displaying Your splendor! In Jesus' precious Name we pray, Amen.