



Pray for Kintsugi Hope.

Father God,

Thank you that you are a God who sees, understands, and comforts us in our pain, suffering and confusion. You know what it is to suffer anguish and loss, and we thank you that we serve a God who became Emmanuel, God with us, and not simply a being to be worshipped from afar. You stepped into the messy brokenness of our world and sit with us in our pain and grief, and we ask you to be at work in us – give us your compassion, for ourselves and others, and make us more like you.

We also thank you for the work of Kintsugi Hope and the vision they have to see a world where mental and emotional health is understood and accepted. Thank you for the safe and supportive communities that they encourage and enable, where hurting people throughout the UK can grow and flourish, recognising that there is treasure to be found in life's scars.

We are grateful that Kintsugi Hope reminds people that it's ok to not always be ok, and we ask for your hand of blessing to be on all their work – give them the resources, vision, and passion to continue this vital work, and to expand their reach. We pray for encouragement for the staff, volunteers, trustees, friends, supporters, and wider family of Kintsugi Hope. We also pray for the church partners and group leaders who are practically leading this work in churches, community centres, schools, prisons, coffee shops and colleges. Remind them that in a restored bowl you can see stories of love, loss, and joy – and that they are a part of those redeemed stories too.

Amen



Pray for ourselves.

Father God,

We thank you that you are in control of all things – even when it doesn't always feel like that, we chose to hold on to the knowledge that you are good and, whatever we're facing, you go with us. Help us to be honest – with you, ourselves, and others – about the struggles and difficulties that we all face, and know that it is ok to feel despair, anger, grief, anxiety, and sadness at difficult things that we are facing.

Help us to recognise that sometimes courage means holding on, and sometimes it means letting go – give us wisdom to know the difference.

Help us remember nothing is wasted in your purposes, not everyone needs to like us, and we're not defined by our mistakes or things that have happened in our lives. We all have worth and value because of who we are in you – help us to model that truth for others.

Amen

Pray for others.

Father God,

We pray especially for those who are struggling; that they will know your arms of compassion and tender mercy, even today. We ask that they will have the courage to accept and face challenging circumstances, knowing they aren't alone. Help each of us to be compassionate, available, loving, and supportive. May those who are struggling know that they are doing the best they can – and that is good enough.

Thank you that you don't ask us to do things in our own strength – it's not just about who we are, it's about whose we are, and we know you Lord will never let us go. Thank you too for the gift of community – and that you never leave us to get on with things by ourselves. Help us to create and sustain community, where you have placed us.

Finally, Lord, we ask that you help us all to Go Gently, Be Kind, and Stay Connected.

Amen