

SPONSORED CHARITIES



RenewWellbeing

Youthscape

PARTNER CHARITIES



**CARRY EACH OTHERS BURDENS, AND IN THIS WAY
YOU WILL FULFILL THE LAW OF CHRIST**

GALATIANS 6:2



LENT APPEAL PRAYER DIARY

Welcome to the London Diocese 2022 Lent Appeal Prayer Diary.

As Lent begins people gathered from across the Diocese for the launch of the Lent Appeal. Partner charities inspired, encouraged and equipped us to think about our own wellbeing as we support others in our communities around **mental health, isolation and loneliness**.

Wk1 28th February 2022

Psalm 133:1-3

PRAY

- For unity between charities and churches, may God strengthen us as we prefer one another and seek to serve Him in our communities.
- For there to be fruit from this launch event and appeal. That there will be follow up on connections and that people will feel resourced to support those in their communities.
- For schools workers, clergy, NHS staff and other keyworkers who have been working tirelessly to support the vulnerable in society. Pray they would know rest and refreshment.

To make a donation to the Lent Appeal:

www.justgiving.com/campaign/lentappeal2022



**CULTIVATING
COMPASSIONATE COMMUNITIES**

<p>Wk2 7th March <i>Psalm 46:1</i></p> <p>MIND & SOUL Our faith and emotions are often kept separate. Mental health is rarely discussed in churches and Christian spirituality is seen as having little to offer the world of psychology. Since 2005 Mind and Soul have been working to bridge that gap. They seek:</p> <ul style="list-style-type: none"> - To Educate: Sharing the best of Christian theology and scientific advances. - To Equip: Helping people meet with God and recover from emotional distress. - To Encourage: Engaging with the local church and mental health services. <p>PRAY</p> <ul style="list-style-type: none"> • That they continue to be a compassionate witness to the grace of God within the sphere of mental health and the life of the Christian church  <p>www.mindandsoulfoundation.org</p>	<p>Wk 3 14th March <i>Psalm 54:4</i></p> <p>RENEW WELLBEING helps churches open spaces of welcome and inclusion to improve mental and emotional wellbeing. These are places of presence, prayer and partnership. Renew Wellbeing provides information, inspiration, training and ongoing support to local churches as well as developing a simple national strategy for many small safe spaces to be made available through churches and councils working together.</p> <p>PRAY</p> <ul style="list-style-type: none"> • For the 160 churches already hosting a space • For churches wanting to join in • For those who need the spaces to find them. <p>RenewWellbeing</p> <p>www.renewwellbeing.org.uk</p>	<p>Wk 4 21st March <i>Psalm 78:4</i></p> <p>YOUTHSCAPE support young people and equip those who work alongside them. The team are dedicated to serving the emotional, social and spiritual development of all young people in schools, in the community and through their BEHEADSTRONG online groups.</p> <p>PRAY</p> <ul style="list-style-type: none"> • For school and churches as they seek to support young people's emotional and mental health • For funding for mental health services for children and young people • For young people accessing BEHEADSTRONG support groups  <p>www.beheadstrong.uk</p>	<p>Wk 5 28th March <i>Psalm 68:5-6</i></p> <p>RESTORED speak up about the realities of violence against women and girls, equip the Church to stand against domestic abuse and support survivors. Restored are building a network of churches, standing together against domestic abuse and supporting survivors.</p> <p>PRAY</p> <ul style="list-style-type: none"> • For those experiencing abuse to find a place of safety to speak out and be heard. • For those who have had their identity, security and sense of value taken by abuse to know their true worth and identity in Jesus • For churches to become Beacons of hope and safety for those fleeing abuse  <p>www.restored-uk.org</p>	<p>Wk6 4th April <i>Luke 2:36-38</i></p> <p>ANNA CHAPLAINCY is an ecumenical ministry alongside older people of strong, little or no faith. Anna Chaplains are there to support the older person through the joys and challenges of later life, helping them make sense of their lives.</p> <p>PRAY</p> <ul style="list-style-type: none"> • For older people who have been severely restricted in their contacts with family and friends, especially those living in care homes • For the Anna Chaplains and Anna Friends who accompany older people in various ways. • For churches to offer a warm welcome for lonely older people.  <p>www.annachaplaincy.org.uk</p>	<p>Wk7 11th April <i>Psalm 42:1-2</i></p> <p>SANCTUARY MENTAL HEALTH seeks to equip the Church to support mental health and wellbeing. They provide resources that meaningfully engage the topics of faith and mental health. Their content is developed in collaboration with theologians, psychologists, and people with lived experience of mental health challenges.</p> <p>PRAY</p> <ul style="list-style-type: none"> • That churches would catch a vision for their community response. • That Sanctuary's free resources would reach those communities who can most use them at a time when many are struggling greatly.  <p>www.sanctuarymentalhealth.org</p>
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