

1 Corinthians 12:24-26 "God has so arranged the body, giving the greater honor to the inferior member, that there may be no dissension within the body, but the members may have the same care for one another. If one member suffers, all suffer together with it."

Galatians 6:2 "Bear one another's burdens, and in this way you will fulfill the law of Christ."

Colossians 1:11-14 "May you be made strong with all the strength that comes from his glorious power, and may you be prepared to endure everything with patience, while joyfully giving thanks to the Father, who has enabled you to share in the inheritance of the saints in the light. He has rescued us from the power of darkness and transferred us into the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins."

Romans 8:24-26 "In hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience. Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words."

Spirituality is a universal truth, yet a highly individual journey. When we begin an inward journey of self-discovery, we find that we are led back into the community and to caring for others.

I began to understand my bleakest times as times of fertile darkness. When a person begins to live into that darkness, embrace it and even befriend it, God's presence is often revealed.

And when persons with a mental illness are able to use their faith and spirituality as a source of healing and support, they discover a renewed sense of vision, hope, and possibilities for the future.

Rev. Susan Gregg-Schroeder

Break into my confusion, Lord.
Help me to know who I am

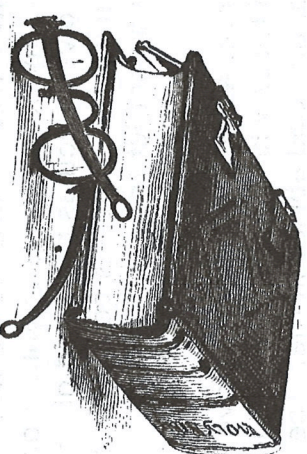
and what I am meant to be.
Guide, uphold and strengthen me
as I leave behind the world
of limits and labels.

Guide, uphold and strengthen me
as together we create a world
of infinite possibility.

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Comfort from the Scriptures



FOR PERSONS WITH
A MENTAL ILLNESS

"...God has said, "I will
never leave you or forsake
you."

Hebrews 13:5

BIBLE VERSES OF COMFORT FOR PERSONS WITH A MENTAL ILLNESS

From the New Revised Standard Version

Psalms 46:1-3 "God is our refuge and strength, a very present help in trouble. Therefore we will not fear, though the earth should change, though the mountains shake in the heart of the sea; though its waters roar and foam, though the mountains tremble with its tumult."

Psalms 57:1 "Be merciful to me, O God, be merciful to me, for in you my soul takes refuge; in the shadow of your wings I will take refuge, until the destroying storms pass by."

Psalms 91 Assurance of God's Protection

Psalms 121 Assurance of God's Protection

Psalms 139: 7-12 "Where can I go from your spirit? Or where can I flee from your presence? If I ascent to heaven, you are there; if I make my bed in Sheol, you are there. If I take the wings of the morning and settle at the farthest limits of the sea, even there your hand shall lead me, and your right hand shall hold me fast. If I say, 'Surely the darkness shall cover me, and the light around me become night,' even the darkness is not dark to you; the night is as bright as the day, for darkness is as light to you."

Jeremiah 29:11 "For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope."

Isaiah 40:28-31 "Have you not known? Have you not heard? The Lord is the everlasting God, the creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable. He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the Lord shall renew their strength, they shall mount up with wings of eagles, they shall run and not be weary, they shall walk and not faint."

Isaiah 41:10 "...do not fear, for I am with you, do not be afraid, for I am your God; I will strengthen you, I will help you, I will uphold you with my victorious right hand."

Isaiah 43: 1-2 "Thus says the Lord, he who created you, O Jacob, he who formed you, O Israel: Do not fear, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you."

Matthew 11:28-30 "Come to me, all you that are weary and are carrying heavy burdens and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

Luke 6:20-22 "Blessed are you who are poor, for yours is the Kingdom of God. Blessed are you who are hungry now, for you will be filled. Blessed are you who weep now, for you will laugh."

John 14:27 "Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid."

1 John 4:16b, 18a "God is love, and those who abide in love abide in God, and God abides in the. There is no fear in love, but perfect love casts out fear."

Romans 8:38, 39 "For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord."