



Pope's Worldwide Prayer Network

UNITED STATES | CANADA APOSTLESHIP OF PRAYER

November 2021

-People who suffer from depression-

We pray that people who suffer from depression or burn-out will find support and a light that opens them up to life.

Fr Joe SJ video, 1min [here](#)

Pope video, 1min thepopevideo.org

Reflection by Tim Bishop SJ

Tim Bishop is a Jesuit seminarian in studies at Loyola University Chicago. He is a graduate of Rockhurst High in Kansas City.

If you or someone with whom you are close has suffered from depression, you might know how isolating it can be. Depression is a mental illness that touches every part of one's life: family, work, friendships, hobbies. It can feel dark and alone. Sometimes those with depression withdraw so as not to burden others with their darkness. At other times, they are isolated by the stigmas that surround depression. Some friends may tell them, "Just get over it," while others avoid them altogether. Jesus, however, shows us how to meet people in their suffering. He meets the blind man Bartimaeus, the woman at the well, lepers, and paralytics. They have been pushed to the margins of society, and Jesus meets them there. He gets close to them, connects with them and offers restoration. So, how can we follow Jesus' example as we encounter those suffering from depression and burnout in our world today? How do we extend an opportunity for healing and restoration? We draw close, we connect, and we offer the Light of Christ. He is the Light that gives us hope always.

To those suffering from depression or burnout: there is hope. Depression is a treatable mental illness. Do not be afraid to take the risk of reaching out and seeking professional help. Do not be afraid to let others accompany you in your difficult journey. If you know someone who is suffering in this way, reach out; encourage them to see a counselor. And invite Jesus close. Ask for His healing and His Light. Take consolation in His words "I am the Light of the world; he who follows Me will not walk in the darkness, but will have the Light of life." (John 8:12)

[Leader] Daily offering prayer: O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys, and sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of Your Sacred Heart: the salvation of souls, reparation for sin, and the reunion of all Christians. I offer them for the intentions of our bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month—

NOVEMBER: People who suffer from depression. We pray that people who suffer from depression or burn-out will find support and a light that opens them up to life.

Grace: We pray for the grace to support those suffering from depression with love and kindness.

[Reader 1] Scripture: “What will separate us from the love of Christ? Will anguish, or distress, or persecution, or famine, or nakedness, or peril, or the sword? As it is written: “For your sake we are being slain all the day; we are looked upon as sheep to be slaughtered.” No, in all these things we conquer overwhelmingly through him who loved us. For I am convinced that neither death, nor life, nor angels, nor principalities, nor present things, nor future things, nor powers, nor height, nor depth, nor any other creature will be able to separate us from the love of God in Christ Jesus our Lord.” (Romans 8:35-39)

[Reader 2] Quote: “The righteous are taken aback, because they do not recall ever having met Jesus, much less having helped [him], but he declares: “as you did it to one of the least of these my brethren, you did it to me” (v. 40). These words never cease to move us, because they reveal the extent to which God’s love goes: up to the point of taking flesh, but not when we are well, when we are healthy and happy, no; but when we are in need. And in this hidden way he allows himself to be encountered; he reaches out his hand to us as a mendicant. In this way Jesus reveals the decisive criterion of his judgment, namely, concrete love for a neighbor in difficulty. And in this way the power of love, the kingship of God is revealed: in solidarity with those who suffer in order to engender everywhere compassion and works of mercy.” (quote of Pope Francis 11/26/17)

[Leader] Reflection questions:

How does Jesus interact with suffering people? What do I find inspiring here? Give an example. Describe a time when you helped someone who struggled with depression. Explain.

[All: take 1 min in quiet reflection; 2 min to journal; and then share a with the group]

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