

Novena for World Day of the Poor

DAY 1 FRIDAY
5 NOVEMBER

**For those who
experience
mental anguish**

In the name of the Father and of the Son and of the Holy Spirit. Amen.

Antiphon

The Lord is my shepherd, I shall not want.
He makes me lie down in green pastures;
he leads me beside still waters;
he restores my soul.
He leads me in right paths
for his name's sake.

Even though I walk through the darkest valley,
I fear no evil;
for you are with me;
your rod and your staff—
they comfort me.

Psalm 23

Glory be to the Father and to the Son and to the Holy Spirit, as it was in the beginning, is now and ever shall be, world without end. Amen.



Scripture reading

Then he withdrew from them about a stone's throw, knelt down, and prayed, "Father, if you are willing, remove this cup from me; yet, not my will but yours be done." Then an angel from heaven appeared to him and gave him strength. In his anguish he prayed more earnestly, and his sweat became like great drops of blood falling down on the ground.

Luke 22: 41-43

Silent reflection on the word of God: ask the Holy Spirit to let the words touch your heart and speak to you in the here and now of your life in your community.

Jesus knew mental anguish in his earthly life. After the last supper with his disciples, he prayed alone in the garden of Gethsemane in a state of heightened mental distress. He knew he was about to be arrested and subjected to humiliating trial and excruciatingly painful execution in public. Jesus knew the depths of the human condition, the places of mental and spiritual darkness. He is with us in our deepest anxiety.

We pray for those whose lives are not flourishing because of mental ill-health and anxiety of all kinds. We pray for an understanding of their needs, for an understanding of our own fragility, for the grace not to judge, but to offer support and friendship whenever we can.

**Loving Father
your risen Son sent us out
into the world as ambassadors
for your kingdom of justice, love and peace;
inspire us with your Spirit
of compassion, justice advocacy
and proclamation, to declare good news
to the poor, liberty to captives,
to let the oppressed go free.
We make this our prayer
through Christ our Lord.
Amen**

"Christ was sent by the Father 'to preach good news to the poor... to restore the broken-hearted' (Luke 4:18), 'to seek and to save the lost' (Luke 19:10): in the same way the church surrounds with love all who are afflicted with human infirmity, indeed in the poor and suffering it recognises the face of its poor and suffering founder, it endeavours to relieve their need and in them it strives to serve Christ."