



Saint Jane Frances de Chantal

Novena for Mental Health: Grief



Prayer for Dealing with Grief

Jesus, grief is part of the human experience. Even you wept at the death of Lazarus, your friend.

Yet, even in the darkest moments, you taught us that our grief will become joy when your victory comes to fulfillment in us.

Help us, we pray, not to lose hope in you when we grieve, but to continue to live the Kingdom of heaven by our love and service to each other.

We make this prayer in your name,
O Lord. Amen.

St. Jane Frances de Chantal, pray for us.



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Monastery of the Visitation of Holy
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