



# BENEDICTION

(FOR A MENTAL HEALTH WORSHIP SERVICE)

By Sue Nickel

May you be filled this week with good courage  
so that you breathe deeply of the indwelling Spirit,  
the Spirit that will keep you in the midst of your stress,  
and move you from a place of fear into one of love.

Remember,  
you are a unique and wonderfully created person  
of immense worth.

You are the most glorious of all God's creations:  
you are the most delighted in.

Go forth, child of the Highest Holy One,  
and be held in perfect rest —  
for your name is Beloved  
and God's watch is ever over you.

**AMEN**