**Parent Mental Health Day – 27 January 2024**

**Parent Mental Health Day Prayer**

Heavenly Father,

Today on this day when we remember parent mental health we give thanks for all you have called to be parents and we pray for their health and well-being.

Lord, draw them close to yourself. In whatever circumstance parents find themselves we ask that today you would become even more real and feel even closer.

Watch over them and protect them from harm. Give them the strength to face the challenges that parenting brings and grant them mental resilience, wisdom and courage needed to parent.

We ask that you bless parents around the world with peace and well-being. Surround them with your love and grace. Help them to find comfort and solace in your presence, and let them know that you are always with them.

Lord, guide their steps and give them insight and discernment in their decision making. Today we pray that you would strengthen family, in all its various forms, that faith and trust in you would grow.