

Readings for July 21, 2024

Psalm 139:13-16

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body....

Leviticus 19:14

Do not curse the deaf or put a stumbling block in front of the blind, but revere the Divine. I am the Holy One.

Another Sacred Text

A Prayer for Mental Health and Emotional Wellness

Kenji Kuramitsu

God rupture in us the fake bravery that teaches that we alone are enough, that without you and your gifts we can survive.

Give us the assurance to seek the help we need and deserve—therapy, medication, treatment, accountability, and community.

Destroy the powers of shame and isolation that enslave us to false truths, and weed out the American individualism that prayerful words alone are enough to heal injured bodies and minds.

Amen.