

Health and Wellness Litany

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History bears witness that God has chosen the fragile vessels of people to be vehicles of grace and messengers of God's ministering presence and mercy.

We bear the mark of God's image. We have been created as unique and special individuals, knowing that our bodies are temples of the Holy Spirit.

We live in a medical age unprecedented in history. We have eliminated many of the scourges and plagues that haunted the world through the ages.

We thank you, God. You are the Comforter and Healer of all sickness and affliction. We depend on you to give us insight and wisdom for greater cures, therapies and techniques to conquer disease and mental afflictions.

Bless all health practitioners, the methods they use and medicines they prescribe. Give them the faith and trust to cooperate with the revealed truth which you have given to help us attain wholeness of body and mind.

Heal your people through the hands of research, surgery, and touch. Relieve the pain of many who are languishing in despair. Give them the strength to endure and the faith to overcome whatever ails them.

Today we take responsibility for our own health and wellness by learning how to practice good habits and how to respond to our body's warning signs.

We take responsibility for our diet, exercise and health care. Lord, give us a balanced life of work and relaxation.

Pressures, demands, and worries fill us with disease. We take responsibility to keep these within manageable limits. Illness is often associated with the need for inner healing. Therefore, we take responsibility to confess our sins before God, and to be reconciled to our siblings.

Wellness is a state of mind, body and soul. We take responsibility to view health wholeness as an important part of our salvation. Jesus said, "For which is easier say, 'Your sins are forgiven' or to say, 'Stand up and walk?'" (Matt.9:5)

We pray that all people may have access to quality health care, regardless of economic status or family situation.

Jesus was concerned with the sick and he was attentive to the mind and spirit of those who suffered. May we do the same in daily service, reminding others that the healing power of the Holy Spirit is within every true believer.

