



PRAYERS TO ST. DYMPHNA

These prayers to Saint Dymphna, printed below, succinctly identify her as the well-known patron saint of those with mental or nervous disorders or mental illness.

Good Saint Dymphna, great wonder-worker in every affliction of mind and body, I humbly implore your powerful intercession with Jesus through Mary, the Health of the Sick, in my present need. (*Mention it.*)

Saint Dymphna, martyr of purity, patroness of those who suffer with nervous and mental afflictions, beloved child of Jesus and Mary, pray to Them for me and obtain my request.

(*Pray one Our Father, one Hail Mary and one Glory Be.*)

Saint Dymphna, Virgin and Martyr, pray for us.

Lord, our God, you graciously chose St. Dymphna as patroness of those afflicted with mental and nervous disorders. She is thus an inspiration and a symbol of charity to the thousands who ask her intercession.

Please grant, Lord, through the prayers of this pure youthful martyr, relief and consolation to all suffering such trials, and especially those for whom we pray. (*Here mention those for whom you wish to pray.*)

We beg you, Lord, to hear the prayers of St. Dymphna on our behalf. Grant all those for whom we pray patience in their sufferings and resignation to your divine will. Please fill them with hope, and grant them the relief and cure they so much desire.

We ask this through Christ our Lord who suffered agony in the garden. Amen.

If you are in nervous or emotional distress

Dear St. Dymphna, I turn to you, dear virgin and martyr, confident of your power with God and of your willingness to take my case into your hands. I praise you and bless the Lord for giving you to us as patron of the nervous and emotionally disturbed. I firmly hope that through your kind intercession He will restore my lost serenity and peace of mind. May He speak to my heart and reassure me: "My peace I give you. Let not your heart be troubled nor let it be afraid". Pray for me, dear St. Dymphna, that my nervous and emotional turmoil may cease, and that I may again know serenity and personal peace. Amen

St. Dymphna, intercede for us, and bring hope and serenity to all who suffer from mental illness.

Gentle St. Dymphna, patron of those suffering from mental illness, through your kind intercession may Christ restore my strength, hope, and peace of mind and heart just as you so patiently bore the illness and persecution of your father, obtain for me the patience I need, so that I may accept the trials of my life with loving resignation to the will of god. In the midst of daily struggles, help me to love God with my whole heart and serve Him faithfully. Recommend my request to Mary, Queen of Peace and Comforter of the afflicted, that both of you may present it to Jesus, the Divine Physician. AMEN