

**A DAILY PRAYER TO
SAINT DYMPHNA**

*Lord God,
Who has graciously chosen Saint Dymphna
to be the patroness of those afflicted
with mental and nervous disorders,
and has caused her to be an inspiration
and a symbol of charity
to the thousands who invoke her intercession,
grant through the prayers of this pure,
youthful martyr,
relief and consolation to all who suffer from these disturbances,
and especially to those for whom we now pray.
(Here mention those for whom you wish to pray.)*

*We beg You
to accept and grant the prayers
of Saint Dymphna on our behalf.
Grant to those we have particularly recommended
patience in their sufferings
and resignation to Your divine Will.
Fill them with hope and,
if it is according to Your Divine Plan,
bestow upon them the cure they so earnestly desire.
Grant this through Christ Our Lord.
Amen.*

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**NOVENA TO SAINT DYMPHNA
PATRONESS OF BIPOLAR DISORDER,
NERVOUSNESS AND EPILEPSY**



**O GOOD SAINT DYMPHNA,
OBTAIN FOR US A FIRM HOPE LIKE YOUR OWN
IN GOD'S UNFAILING PROTECTION.
AMEN.**

BIPOLAR DISORDER

*For Bipolar Disorder patients, religion often plays a distinct role in their lives. Many people with bipolar find the support of their church families to be very valuable. However, some bipolar patients have also faced judgment, stigma, misunderstanding, and have even been accused of demon possession.

Religious people misjudge people with bipolar disorder because of a lack of knowledge of the disorder. They observe the symptoms, such as depression, and misunderstand the person who has Bipolar Disorder. For instance, they believe the person has a lack of faith because he/she takes medication for the disorder. Yet these same “religious” people do not criticize or judge other Christians who suffer from diabetes for taking insulin for their conditions as having a lack of faith.

People with Bipolar Disorder take medication to adjust the neurotransmitter levels in their brain, in the same manner that people with diabetes take insulin to enable their body to function normally. It has nothing to do with whether they are a “good Christian” or not.

In religious circles in our society, there is a huge stigma attached to mental illness in general. It is seen as a character flaw, or as something you should be able to control by yourself and, if you cannot then there is something wrong with your “spiritual walk.” But this is not true.

Bipolar Disorder is caused by a chemical imbalance in the brain. It is not your fault. It is not something that you caused by being a “bad Christian.” People are not perfect, and “Christian people” are no different from other people. Bipolar Disorder is not caused by lack of faith, a weak spiritual walk, or sin in your life. Nor is it caused by demon possession. It is also not a punishment from God.

Bipolar Disorder is still not curable, **but it is manageable—by medication.** Many people with Bipolar Disorder find comfort in the Bible, especially in the Scriptures. One of those Scriptures is the following: “Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God; and the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus.” (Phil. 4:6-7)

Notice that it says that God will guard our hearts and **MINDS**. He may not take away your depression, but He will give you peace in spite of your depression.

*(excerpted from: www.bipolarcentral.com)

NOVENA TO SAINT DYMPHNA

(MAY BE PRAYED AT ANYTIME FOR 9 DAYS OR 9 HOURS STRAIGHT)

******Saint Dymphna, a 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.

You are filled with love and compassion for the thousands of patients brought to your shrine for centuries and for those who cannot come to your shrine but invoke you in their homes or in hospitals. Show the same love and compassion toward me, your faithful client. The many miracles you have wrought through your intercession gives me great confidence that you will help me in my present need. **(State your specific request or intention here).**

I am confident of obtaining my request, if it is for the greater glory of God and the good of my soul. For the sake of Jesus and Mary, whom you loved so earnestly, and for whom you offered your life in martyrdom, grant my prayer.

St. Dymphna, young and beautiful, innocent and pure, help me to imitate your love of purity. You chose to be martyred by your own fathers sword rather than consent to sin. Give me strength and courage in fighting off the temptations of the world and evil desires.

As you have given all the love of your heart to Jesus, help me to love God with my whole heart and serve Him faithfully. As you bore the persecution of your father and the sufferings of an exile so patiently, obtain for me the patience I need to accept the trials of my life with loving resignation to the will of God.

St. Dymphna, through your glorious martyrdom for the love of Christ, help me to be loyal to my faith and my God as long as I live. And when my hour of death comes, stand at my side and pray for me that I may at last merit the eternal crown of glory in God’s Kingdom.

Good St. Dymphna, I beg you to recommend my request to Mary, the Health of the Sick, and comforter of the Afflicted, that both of you may present it to Jesus, the Divine Physician.

O God, You gave St. Dymphna to Your church as a model of all virtues, especially holy purity, and willed that she should seal her faith with her innocent blood and perform numerous miracles. Grant that we who honor her as patroness of those afflicted with nervous and mental illness may continue to enjoy her powerful intercession and protection and attain eternal life. We ask this through Christ our Lord. Amen. ******(excerpted from: www.prayerflowers.com)