



Pray for Columbus

OCTOBER 2026 PRAYER GUIDE | MENTAL HEALTH

GOD IS AT WORK IN COLUMBUS

- Praise God for the unity of the Church in our city. At One City Prayer, churches from across Columbus gathered across denominations, generations and cultures to worship Jesus and pray together for our city. Thank God for the relationships being strengthened and for a growing culture of united prayer.
- Praise God for increased access to mental-health crisis care in our community. Franklin County's Crisis Care Center is providing 24/7 behavioral-health crisis services, helping connect people experiencing mental-health and substance-use crises with immediate care and ongoing support.

SCRIPTURE

Psalm 40:1-2

"I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; He set my feet on a rock and gave me a firm place to stand."

PRAYER REQUESTS

- Pray for those struggling with depression, anxiety, suicidal thoughts, trauma and loneliness. Pray for hope, healing, peace and the support they need. (Psalm 40:1-2; Luke 1:78-79)
- Pray for healing and restoration for wounded hearts and minds, and for those who are suffering to be surrounded by loving community and wise support. (Psalm 147:3)
- Pray for families and caregivers walking alongside loved ones experiencing mental-health challenges. Pray for strength, wisdom, patience and hope. (Isaiah 40:29-31)
- Pray for doctors, counselors, therapists and others serving in mental health. Pray for wisdom, compassion and discernment, and for Christian professionals to serve with excellence, integrity and the love of Christ. (James 1:5; Colossians 3:23)
- Pray Genesis 1:27 over this generation. Pray that people would know they are created in the image of God and understand their dignity, value and purpose. Pray against confusion, deception and shame and for people to walk in truth and freedom. (John 8:32; 2 Corinthians 4:4)



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Salvation

Pray for a measurable increase in the number of people coming to faith in Jesus Christ across Columbus, especially among immigrants, refugees, and new Americans.

Shalom

Pray for a measurable increase in peace, well-being, and flourishing throughout Columbus and among immigrant communities throughout our city.

Students & Schools

Pray for a measurable increase in the success and well-being of students and schools. Pray especially for students, educators, and families navigating new languages, cultures, and educational systems.

Shelter

Pray for a measurable increase in safe and affordable housing and a decrease in homelessness throughout Central Ohio.

Spiritual Awakening

Pray for an outpouring of the Holy Spirit, deeper prayer, repentance, holiness, and hunger for God's presence.

UPCOMING OPPORTUNITIES TO PRAY

Prayer Breakfasts & Prayer Walks

Join us on the **2nd Friday of each month** as we gather to pray for our city and build relationships across Columbus. October's will be on the 16th at 9am at Gospel Lighthouse.

Midday Prayer

Join believers from across Columbus every Wednesday at Noon for citywide prayer. Scan below and click on "Wednesday Midday Prayer."

Prayer Canopy

Join individuals, churches and organizations to cover our city in continuous prayer. Scan below and click on "24/7 Prayer Canopy".

**SCAN FOR EVENTS,
RESOURCES, AND MORE
[FORCOLUMBUS.ORG/PRAYER](https://forColumbus.org/prayer)**

