

Prayer if you are experiencing **DEPRESSION.**



Dear Lord,

I am feeling weighed down by these feelings of depression, helplessness, and hopeless. Please relieve me of these feelings and help me feel your spirit of peace and hope. I pray for your love to shield me from harm (Psalm 3:3). Thank you for showing me your light in the darkness I feel. Thank you for healing my heart and creating a steadfast spirit in me (Psalms 51:10-12). Rebuke any thoughts of the devil in my mind.

I'm exhausted, I need you Lord. Renew my strength and deliver me with your love. My thoughts are filled with negativity, help me take captive every thought and make it obedient to you Jesus Christ of Nazereth (2 Corinthians 10:5). I will remember the future you have planned for me when I feel hopeless (Jeremiah 29:11) Your Grace is strongest in my weakness (2 corinthians 12:9), i invite you into my weakness Lord.

I will keep moving forward one step at a time in your name Jesus. I declare my body and mind as yours. I will keep my eyes on you and not the storm (Hebrews 12:2). And because I love You, you will work all things out for my good (Romans 8:28). Thank you Father. I will be joyful in your salvation and hope.

In Jesus' name
Amen

Other Verses to read when you feel depressed:

- Isaiah 40:31
- Deuteronomy 31:6,8
- Romans 8:38-39
- Psalm 147:3
- Matthew 11:28
- Matthew 5:4



2 Corinthians 4:8-10

We are hard pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed. We always carry around in our body the death of Jesus, so that the life of Jesus may also be revealed in our body.