

PRAYER FOR WHEN YOU FEEL DEPRESSED

Dear Heavenly Father, thank you that you never change, even when everything around me is changing and unpredictable (*Hebrews 13:8*). Thank you that you are stable, even when I feel so very unstable (*Isaiah 33:6*). It feels like Satan has been whipping me around! Please sustain me, protect me, and enable me to stand (*1 John 4:4; Psalm 28:7*).

I know that because sin entered the world, all of creation is under a curse—all creation groans. (*Romans 8:22*). Because of this, I struggle physically, emotionally and spiritually. Thank you for how my body is made, and that it sends me warning signals to tell me that I need help. Right now my brain and emotions are telling me that something isn't right.

Help me to see if there is something physical that is causing my depression. Help me to sift through my circumstances to see if there is a need for change in some way. If I am experiencing depression as a result of a spiritual battle, please bring that to light and show me the best way to fight that battle.

Please lead me to the right source for help. Thank you for understanding what I am going through (*Hebrews 4:15*), and thank you that Your Word tells me that even Your Son went through hard times emotionally. There were times that He was distressed, grieved, faced loneliness, experienced deep sorrow, and after the death of John He went into isolation (*Matthew 14:13*). He cried in prayer (*Hebrews 5:7-9*), and at times he was overwhelmingly sad (*Isaiah 53:3*). There was even a time that he was afraid his body would not survive the anguish he felt (*Matthew 26:38*).

I pray that You would send someone to help bear my burden (*Galatians 6:2*). Thank you for again reminding me of how weak I am, and for the body of Christ that you have provided to help bear burdens when we grow too weary to bear them alone. I need someone to come along side me, take my arms, wrap them around their neck, and help me walk until I am strong enough to walk on my own. (*Ecclesiastes 4:9*).

Thank you for the grace that you have provided (*Hebrews 4:16*). I pray You will use this difficult time to cause me to go deeper in my relationship with You, and that You would get the glory for anything that is produced in me (*James 1*). Thank you for how you are going to use this time in my life and for all you are doing through this depression. Thank you that You have allowed my weakness to manifest itself in the form of depression, so that You can work more of Your image into my life. (*Galatians 2:20; Galatians 4:19*).

Thank you that I am not defined by this weakness. Since I am Your child, I am defined by what You accomplished on the cross. Because of Christ's death on the cross, I can wake up every morning and live life knowing that no matter what I do, think, say, or feel—the cross covers it. Because You offered up Your own beloved Son, I can have peace with You and can face each day with fresh hope and grace. Help me to focus on what is true, and not focus on how I feel. As I sit before the cross, help me to gain a new appreciation for what it actually means for me on a daily basis.

Help me to embrace my weakness as a gift. Remind me that my weakness allows You to work through me even when I am so very weak and feel as though I can do nothing (*2 Corinthians 12:9*). Through this time, I pray that you would enlarged my heart that I might love and obey You, and love others more deeply (*Psalm 119:32; Galatians 6:2; 2 Corinthians 1:3-4*). Amen. - Gina Smith

Adapted from "A Prayer for Battling Depression" by Gina Smith, Crosswalk.com
<https://www.crosswalk.com/faith/prayer/a-prayer-for-when-you-battle-depression.html>