

VICTORY OVER DEPRESSION

Father, You are my Refuge and my High Tower and my Stronghold in times of trouble. I lean on and confidently put my trust in You, for You have not forsaken me. I seek You on the authority of Your Word and the right of my necessity. I praise You, the Help of my countenance and my God.

Lord, You lift up those who are bowed down. Therefore, I am strong and my heart takes courage. I establish myself on righteousness – right standing in conformity with Your will and order. I am far even from the thought of oppression or destruction, for I fear not. I am far from terror, for it shall not come near me.

Father, You have thoughts and plans for my welfare and peace. My mind is stayed on You, for I stop allowing myself to be agitated and disturbed and intimidated and cowardly and unsettled.

Satan, I resist you and every oppressive spirit in the name of Jesus. I resist fear; discouragement, self-pity, and depression. I speak the Word of truth, in the power of God, and I give you no place, satan; I give no opportunity to you. I am delivered from oppression by the blood of the Lamb.

Father, I thank You that I have been given a spirit of power and of love and of a calm and well-balanced mind. I have discipline and self-control. I have the mind of Christ and hold the thoughts, feelings, and purposes of His heart. I have a fresh mental and spiritual attitude, for I am constantly renewed in the spirit of my mind with Your Word, Father.

Therefore, I brace up and reinvigorate and cut through and make firm and straight paths for my feet – safe and upright and happy paths that go in the right direction. I arise from the depression and prostration in which circumstances have kept me. I rise to new life; I shine and am radiant with the glory of the Lord.

Thank You, Father, in Jesus' name, that I am set free from every evil work. I praise You that the joy of the Lord is my strength and stronghold! Hallelujah! Amen.

Scripture References: Psalm 91, Jeremiah 29:11, Ephesians 4:27, II Timothy 1:7, Isaiah 60:1, Nehemiah 8:10.