

## Prayer for Depression

*Set aside 15 minutes to speak these words to your heavenly Father. Speak them slowly and contemplatively, making them your own. Pause as necessary and listen for the Holy Spirit who directs and empowers our prayers.*

Dear Lord, I come to you because you alone are my God. Only the cleansing blood of Jesus Christ could make a way for me to come into Your presence. In humility I lay my requests before you and wait in expectation. There is no other god besides You. You and You alone deserve my worship and adoration, for You are the only true God. You are Lord over all...therefore you are Lord over the darkness for You said about yourself, "I have come into the world as a light, so that no one who believes in me should stay in darkness." Lord, I don't want to stay in darkness...lead me to the Rock that is higher than I.

Because I am in such great despair, I will speak as Job did, giving free rein to my complaint and speaking out in the bitterness of my soul. I live in the land of gloom and deep shadow, the land of deepest night, where even the light is like darkness. Oh Lord, I fear the darkness is overwhelming me, is causing me to lose my way. My days are spent groping for the wall like the blind. My nights are spent lying in deepest darkness praying that when the morning comes, the Day will dawn.

My only hope is in You Jesus who said "I am the way, and the truth and the life." Oh Way, Truth and Life, I beg you to lead me out of the darkness, I beg you to enlighten my despairing heart with the lamp of Your truth, and I beg you to take my yearning heart and revive it with the breath of Your life. Make your words "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life" a rhema word to my soul.

My tongue is parched with thirst; I thirst for the Living God. Why do you seem so far from me? Day and night I cry out to you, but I don't hear your answer. Answer me Oh Lord in my distress. Send help from your sanctuary and grant me support from Zion before I sink too deeply into the realm of despair. Reach down with your Right hand; it is not too short to save me. Pull me from this pit and set my feet upon the Rock. For You alone are my Rock and salvation. You alone are my strength and my song.

How long Oh Lord must I wrestle with these dark thoughts and daily carry this burden of sorrow. My heart is overwhelmed. I have lost my purpose. But You promise to hear the cries of the righteous. I am not so foolish Oh Lord to think that I come before you in my own righteousness, but I come through a mustard seed of faith and trust in your Son Jesus Christ. I stand in His righteousness alone. He alone is my Hope. *Deliver me from darkness!*

God who separated the light from the darkness, *please* separate the dark shadows of my heart and mind from the light of your life within me. Probe my heart and examine my inmost being. Examine me and teach me truth in the inmost place and wisdom in the depths of my heart. For who Oh Lord can discern his errors. Forgive my hidden faults. You who have chosen me, take my hand and lead me out of this valley of the shadow of death. Shepherd me along paths of righteousness. Take this weary soul to drink in the quiet waters and find solace in your green pastures. Hide me in the shadow of your wings and keep me as the apple of your eye. Show me once again the wonder of your great love, You who raised this dead man's life, through the precious blood of Jesus Christ. To You alone be the glory forever and ever. Amen