

Prayers for Overcoming Depression

Depression

Dear Lord, I confess to You today that my soul is troubled and downcast. My troubles weigh me down, and my heart is burdened. Teach me to put my hope in You. Show me how to lay my burden at Your feet and trust in Your saving grace. In Jesus' name. Amen.

Focus on Noble Things

Heavenly Father, help me shift my focus from fears and worries to focus on You. Teach me to only think about noble, right, pure, lovely, admirable, excellent, and praiseworthy things as Your Word commanded. Purge my heart of unclean thoughts pushing me into depression. Let Your light shine in, and through me, so darkness and evil will give way in my life. Amen. (Philippians 4:8)

Be a Light

Glorious God, I believe Your Word that says I am the light of the world. Help me to be a carrier of Your divine light, shining brightly in the lives of those who have been held in bondage by the claws of depression. Make me a beacon of hope to my generation, pointing them toward the saving grace and love of Jesus Christ, the ultimate healer. Amen. (Matthew 5:14)

Rest in Jesus

Sweet Jesus, You said in Your Word that those who labor and are heavy-laden should come to You and receive rest. Today, I stop my search for the fleeting joy and satisfaction the world gives. Instead, I come to You in humility and total submission to Your Word so You will give my soul rest from pain, disappointment, fear, and sorrow. Amen. (Matthew 11:28)

Trust in God's Promise

Dear Lord, Your Word says You will never leave nor forsake me. I trust in this promise and call on You to be by my side in this difficult time. Be that friend that sticks closer than a brother, encouraging and giving me the strength I need to pull through every day. Amen. (Deuteronomy 31:8)

Healing for the Brokenhearted

Gracious Father, the Bible says, You are close to the brokenhearted and save those who are crushed in spirit. I need You more than ever before because my heart is broken and my spirit crushed. Touch me with Your healing hands and fill me with Your Spirit of joy and happiness. Amen. (Psalm 34:18)

Joy of the Lord

Merciful God, today I declare that the joy of the Lord is my strength. I receive Your beauty in place of my ashes, Your oil of joy for my mourning, and the garment of praise for my heavy spirit. Let Your Holy Spirit come into my heart and begin to bear the fruits of love, joy, peace, patience, and self-control. Amen. (Isaiah 61:3, Galatians 5:22-23)

Cast Anxiety on God

Heavenly Lord, I cast all my anxiety on You because I know You care for me. Take all my worries and show me the power of Your everlasting love. Carry the burden in my heart and let me be free from suicidal thoughts. Help me to know that though I have problems, I have a bigger God who has the whole world in His hands and has the power to turn situations around in my favor. Amen. (1 Peter 5:7)