

DEPRESSION

Additional phrases and Bible verses are on the next pages
Replace “ _____ ” with the name(s) of the one(s) for whom you are praying

Father God, I worship You. I praise you for who You are and thank You for what You do. I confess my sins and ask Your forgiveness. I freely forgive anyone who has wronged me. O Lord, however stress or depression originates, Satan will gladly take advantage of it. He is the prince of darkness, the opposite of You, my Jehovah, in whom there is no darkness at all. This verse relates to the believer’s battle with depression:

“If then the light within you is darkness, how great is that darkness!” Matthew 6:23b Father, help _____ to know joy in You. _____ may feel shame for not having this joy, and so is vulnerable to the evil one’s doubts. Believers have a double battle when besieged with dark depression, first with the dark depression and second with the knowledge that they should feel joy in their salvation.

“...you ... belong to God, that you may declare the praises of Him who called you out of darkness into His wonderful light.” 1 Peter 2:9 God, I pray that You call _____ out of darkness into Your wonderful light, that _____ may belong to You and declare Your praises.

“In all their distress He too was distressed, and the angel of His presence saved them. In His love and mercy He redeemed them; He lifted them up and carried them all the days of old.” Isaiah 63:9 I pray You redeem _____, lift _____ up, carry _____ all the days of old and save _____.

“But God, who comforts the downcast, comforted us by (sending one of His own to minister to us) ... so that my joy was greater than ever.” 2 Corinthians 7:6-7 Comfort _____ by sending one of Your own to minister to _____, so that _____’s joy will be greater than ever.

Father God, please help _____ overflow with joy, hope and peace. I ask this in the hallowed name of the Light of the World, Christ Jesus, that Your will may be done on earth as it is in heaven. Amen.

(The prayer above is complete, however, if you wish further suggestions, they are provided on the following pages for your convenience.)

“Man puts an end to the darkness...” Job 28:3a Lord God, help _____ put an end to the darkness.

“... You will fill me with joy in Your presence...” Psalm 16:11 Fill _____ with joy in Your presence.

“I call on You, O God, for You will answer me, give ear to me and hear my prayer. Show the wonder of Your great love, You who save by Your right hand those who take refuge in You from their foes. Keep me as the apple of Your eye, hide me in the shadow of Your wings from the wicked who assail me, from my mortal enemies who surround me.” Psalm 17:6-9 O God, save _____ by Your right hand, keep _____ as the apple of Your eye, hide _____ in the shadow of Your wings from evil.

“He reached down from on high and took hold of me, He drew me out of deep waters. He rescued me from my powerful enemy, from my foes, who were too strong for me. They confronted me in the day of my disaster, but the LORD was my support. He brought me out into a spacious place; He rescued me because He delighted in me.” Psalm 18:16-19 I pray that You draw _____ out of deep waters. Rescue _____ from _____’s foes, LORD, because You delight in _____.

“You, O LORD, keep my lamp burning; my God turns my darkness into light.” Psalm 18:28 O LORD, help _____ keep _____’s lamp burning; turn _____’s darkness into light.

“The commands of the LORD are radiant, giving light to the eyes.” Psalm 19:8b LORD, give radiant commands and light to the eyes of _____.

“I will be glad and rejoice in Your love, for you saw my affliction and knew the anguish of my soul. You have not handed me over to the enemy but have set my feet in a spacious place.” Psalm 31:7-8 I pray that You set the feet of _____ in a spacious place, O Lord my God.

“Be strong and take heart, all you who hope in the LORD.” Psalm 31:24 Help _____ be strong and take heart, LORD.

“Answer me when I call to You, O my righteous God. Give me relief from my distress, be merciful to me and hear my prayer.” Psalm 4:1 O my righteous God, answer me when I call to You, give _____ relief from distress, be merciful to _____ and hear my prayer.

“I praise You because I am fearfully and wonderfully made; Your works are wonderful, I know that full well.” Psalm 139:14 Lord, thank You for Your deep love for _____, whom You created. Bring _____ from darkness into Your healing light.

“But now, this is what the LORD says – He who created you, O Jacob, He who formed you, O Israel: Fear not, for I have redeemed you; I have summoned you by name, you are Mine.” Isaiah 43:1 LORD, summon _____, Your creation, and redeem _____, who will fear not. _____ is Yours.

“... He has sent me to bind up the brokenhearted, to proclaim... release from darkness ... to comfort all who mourn ... to bestow on them... the oil of gladness... and a garment of praise instead of a spirit of despair.” Isaiah 61:1b-3 Lord, send release from darkness, and send comfort to _____. Bestow on _____ gladness and praise instead of despair.

“He will be a joy and delight to you...” Luke 1:14 Make _____ be a joy and delight to You.

"See to it, then, that the light within you is not darkness." Luke 11:35 Help _____ see light.

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11 I pray that _____ believe in Your plans, LORD, to prosper and not to harm _____, plans to give _____ hope and a future.

"I remember my affliction...the bitterness and the gall...and my soul is downcast within me... Yet this I call to mind and therefore I have hope: because of the LORD's great love we are not consumed, for His compassions never fail. They are new every morning. Great is Your faithfulness." Lamentations 3:19-23 LORD, I pray that _____ no longer be downcast, that _____ have hope because of Your great love and compassions that never fail and are new every morning. Great is Your faithfulness.

"...because of the tender mercy of our God, by which the rising sun will come to us from heaven to shine on those living in darkness and in the shadow of death, to guide our feet into the path of peace." Luke 1:78-79 I pray that You send the light to guide the feet of _____ into the path of peace.

"Jesus said ... 'apart from me you can do nothing' ." John 15:5b Help _____ remain in You, Jesus.

"I can do everything through Him who gives me strength." Philippians 4:13 Strengthen _____.

"Jesus said: 'I will rescue you...I am sending you...to open their eyes and turn them from darkness to light, and from the power of Satan to God...'" Acts 26:17-18 Jesus, rescue _____ darkness to light, and from the power of Satan to God. Thank You, Jesus.

"... we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not disappoint us, because God has poured out His love into our hearts by the Holy Spirit, Whom He has given us." Romans 5:3-5 I pray that the Holy Spirit pour out His love into the heart of _____, that _____ be able to rejoice in _____'s sufferings, and produce perseverance, character, and hope that does not disappoint.

"May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit." Romans 15:13 Fill _____ with all joy and peace, enable _____ to trust in You, so that _____ may overflow with hope by the power of the Holy Spirit.

"For you were once darkness, but now you are light in the Lord." Ephesians 5:8a I pray that _____ be transformed from darkness to light in You, Lord.

"For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms." Ephesians 6:12 Holy Spirit, help _____ win this struggle against the powers and spiritual forces of evil.

"For He has rescued us from the dominion of darkness and brought us into the kingdom of the Son He loves, in whom we have redemption..." Colossians 1:13-14 Bring _____ into the kingdom of the Son.

"This is the message we have heard from Him and declare to you: 'God is light; in Him there is no darkness at all.'" 1 John 1:5 Father God, _____ needs Your light.

I ask this in the hallowed name of the Light of the World, Christ Jesus, that Your will may be done on earth as it is in heaven. Amen.