

Prayers for Depression

Words for Difficult Days

Depression can make it difficult to find the words to pray. Use these short prayers to guide your thoughts until you are able to find your own words. May they bring comfort on dark days.

"I waited patiently for the Lord; he inclined to me and heard my cry. He drew me up from the desolate pit, out of the miry bog, and set my feet upon a rock, making my steps secure. He put a new song in my mouth, a song of praise to our God." (Psalm 40:1-3)

Lord, flood me with hope. There are times when I feel so helpless and weak. I long for a better future, but I cannot see it. I desperately need Your love and kindness and the promise of Your hope. How I long for relief, Lord! Amen.

Lord, I feel like I'm drowning in a sea of sadness and despair. Please be my rock and my refuge, and help me to cling to You in the midst of this storm. Amen. (Psalm 18:2)

Lord, I'm scared. I feel like I am not going to be OK. Remind me that I have felt fear before and have gotten through it. Please help me to do it again. You have not given me a spirit of fear or worry but a spirit of power, love, and a sound mind. That's hard to believe right now, but I choose to trust in Your promises. In Jesus' name, amen.

Father, I feel broken and wounded by depression. Please heal my heart and restore my soul. Help me to experience the deep and abiding love that You have for me and to remember that I am precious and priceless in Your sight. (Psalm 147:3)

God, please settle the overwhelm in my heart, fill me with Your peace, and help me to find my smile again. How I long to laugh and feel Your peace deep in my soul! Yet I cannot do it by myself I need You, Lord. I need Your strength and Your hope! I open my hands in surrender to You. I love You, Lord. Amen.

God, I feel so stuck in my depression. I don't know how to move forward. Give me the courage and wisdom to take just one small step. Help me to trust in Your Word and to rely on Your strength as I journey through these difficult days. (Proverbs 16:9)

O Christ Jesus, when all is darkness, and we feel our weakness and helplessness, give us the sense of Your presence, Your love, and Your strength. Help us to have perfect trust in Your protecting love and strengthening power so that nothing may frighten or worry us, for, living close to You, we shall see Your hand, Your purpose, Your will through all things. (St. Ignatius of Loyola)

Lord, I am weary from grief. My days are without joy and without hope. I am struggling to find the light. Lord, take away this emptiness and the pain of my broken heart. In your compassion, turn my tears into peace. Too long have I forgotten Your goodness. Heal me, Father. Envelop me in Your light and joy, and do not hold back. In Jesus' name, amen.

Almighty God, I am struggling emotionally and physically. Thank You for creating me with a body that signals a warning when something is wrong. I feel depressed, lonely, and anxious, yet I know my feelings are not my identity, nor are they the end of my story. Help me to hold tight to You until my joy returns. In Jesus' name, amen.

Father, I feel so alone and isolated. Please remind me that I am not alone, for You are always with me. Help me to find comfort and strength in Your presence. Amen. (Isaiah 41:10)

Heavenly Father, my heart is full of fear. I feel crushed and drained, desperate to quell the emptiness. Everything feels like shifting sand. I feel as if I'm being pulled under, yet Your love conquers all, and Your redemption dispels fear. You promise to be with me no matter what I face. Help me to trust You, Lord. Amen.

Lord, I am in despair, burdened with so many things. It's crushing my spirit. How long must I carry this sorrow? Save me from the anguish threatening to overtake me. Hear me, Lord, and deliver me. Teach me to praise You despite how I feel. Renew my strength. Turn my grief into joy. Show me how to trust You, how to hope in Your Word, for You are my rescuer, my refuge, my strength, my place of safety and rest. I run to you, Lord! In Your son's name, amen.

Father, I feel helpless and powerless in the face of depression. Help me to remember that You are the source of all power and strength and that nothing is too difficult for You. Help me to surrender my burdens to You and to trust that You work all things for my good. In Jesus' name, amen. (Jeremiah 32:27)

Cast your troubles upon the Eternal; His care is unceasing! He will not allow His righteous to be shaken. (Psalm 55:22 VOICE)