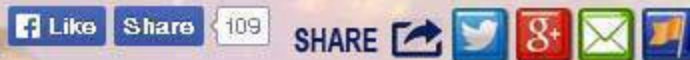


Prayer to God in times of Depression

My God and heavenly Father, I ask you to [grant](#) me peace in mind, body, heart and spirit. Let me realize that I [am](#) your worthy child. Let me feel your love and comfort in times of grief and overwhelming sadness. Remove anything that is blocking my view of the beautiful world and the wonderful life I have. Let me feel that you are always with me even when I feel alone. And during those times when I struggle to see my worth, let me feel that I will always be significant in your eyes and that I [am](#) never truly alone. Bless me with people who care for me and understand me. And when people fail me, [grant](#) me the grace to realize that You will never abandon me especially in times of grave need. Pour out Your grace and vanish all my anxieties, problems and worries. Let me realize that there are no trials in this world that I cannot surpass and no problem I cannot solve with you by my side. Fight those demons of sadness with me Lord. Let me be victorious in this fight and let rise again stronger, braver and even more grateful and loving. Let me find the happiness that will stay with me throughout all the storms of life. I ask this through Christ our Lord.

Amen.



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