

# A Prayer for Depression

*Scripture & a Prayer for a Heavy Day*

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**Psalm 34:18 (KJV)**

*“The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit.”*

**Psalm 42:11 (WEB)**

*“Why are you in despair, my soul? Why are you disturbed within me? Hope in God! For I shall still praise him, the saving help of my countenance, and my God.”*

**Isaiah 43:2 (WEB)**

*“When you pass through the waters, I will be with you, and through the rivers, they will not overflow you.”*

**Matthew 11:28 (WEB)**

*“Come to me, all you who labor and are heavily burdened, and I will give you rest.”*

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## A Prayer

Father, I feel tired in a way I cannot fully explain. Some days even simple things feel heavy, and I do not always have the words to describe what is happening inside me. You see the sadness I try to hide, the thoughts that wear me down, and the quiet battles no one else notices.

Please meet me here with your mercy. Remind me that I am not a burden to you, and that my life still matters even when I cannot feel it. Speak peace into the places that feel dark, and help me take the next small step without shame.

Give me strength for today, not for every day ahead. Surround me with people who are patient, kind, and safe. Help me receive support, rest, and healing without feeling weak for needing them.

Lord, when hope feels far away, hold it for me. When I cannot see the light, stay close in the darkness. Let your love steady me, carry me, and gently remind me that this is not the end of my story.

Amen.