

Heavenly Father,

I come before you today with a heavy heart, seeking your divine intervention in the midst of my struggles with depression. You are the God of all comfort and the source of true hope and healing. I lift up to you all those who are battling with depression, including myself, and I ask for your mercy and grace to bring healing and restoration.

Lord, you know the depths of despair that depression can bring. You understand the overwhelming sadness, the feelings of hopelessness, and the sense of isolation that can consume us. But you are also the God who brings light into darkness, who lifts up the brokenhearted, and who restores joy to the weary soul.

Father, I ask that you would break the chains of depression that bind me and others who are struggling. Fill us with your peace that surpasses all understanding, and replace our sorrow with your joy. Give us the strength to persevere through the darkest of days, knowing that you are with us every step of the way.

Lord, I pray for wisdom and discernment for those who are seeking help for their depression. Guide them to the right resources, whether it be counseling, therapy, medication, or support groups. Surround them with caring and compassionate individuals who can walk alongside them on their journey toward healing.

Father, I also pray for those who are caring for loved ones who are struggling with depression. Give them patience, empathy, and understanding as they offer support and encouragement. Help them to be a source of strength and hope, pointing their loved ones toward you as the ultimate source of healing and restoration.

Lord, I declare your promises of hope and victory over depression. You have promised to give us a future and a hope (Jeremiah 29:11), to bind up the brokenhearted and to comfort all who mourn (Isaiah 61:1-3). I claim these promises over my life and over the lives of all those who are battling with depression.

Thank you, Lord, for your unfailing love and faithfulness. May your light shine into the darkness of depression, bringing hope, healing, and restoration to all who are in need.

In Jesus' name!