



**A Prayer for When I Feel Depressed**

O Lord, my God, show me signs of hope during this time of feeling sad and depressed. When I am on the verge of tears and feeling hopeless and worthless, remind me that I will not always feel this way. Help me to cope with fatigue and restlessness.

Give me courage to ask for help to overcome my depression that I may, once again, celebrate the many blessings You have given to me. Take away all my anxious thoughts and quiet any fears. Please give me Your peace, guidance and protection, today and always.

**Amen**



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