



A Prayer for When I Feel Depressed

God of all hope, hear my prayer. Please someone listen! What I feel now is fear, almost despair.

When was it better? I can hardly remember a good day. It seems so long since I saw the sun.

How long has it been since the clouds parted and my soul saw light?

Are you still there?
Do you still care even when I no longer can; when I do not care even if I live or die?

Yet hope is in me: something deep desires life.

Still care is in you and those who act with you on my behalf. God of all hope, hear my prayer.

Amen



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