

## LIFE IN ALL ITS FULLNESS

### Isaiah 53 v 3-5

He was despised and rejected by men, a man of sorrows, and familiar with suffering... Surely He took up our infirmities and carried our sorrows... But He was pierced for our transgressions, He was crushed for our iniquities; the punishment that brought us peace was upon Him, and by His wounds we are healed.

### PRAYER



Lord Jesus, these verses bring my thoughts to the Cross. Help me to see there how vast and deep is Your love for me and enable me to trust in You with all my heart. Christ's wounds heal me from all my sin and in the fullness of time this body will also be healed. As Christ Jesus came to set captives free, so set me free from this depression. Replace my ashes with a crown of beauty. Replace my mourning with the oil of gladness. Take away the spirit of despair and replace it with a garment of praise. Lord, release me from darkness, in Jesus' name. AMEN

### Romans 5 v 5

And hope does not disappoint us, because God has poured out His love into our hearts by the Holy Spirit, whom He has given us.

### PRAYER



Lord, my hope in You will not fail or be disappointed because it is a hope You have given by your Holy Spirit. Thank you Lord.

### 2 Corinthians 7 v 6

But God, who comforts the downcast, comforted us by the coming of Titus.

### PRAYER



Lord, as Paul was comforted by the visit of Titus, please help me to think about others and comfort them; believing that as I seek to lift my thoughts from myself, I too will receive comfort. AMEN

### Jeremiah 29 v 11-14

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you a hope and a future. Then you will call upon me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. I will be found by you," declares the Lord.

### PRAYER



Lord God, You haven't finished with me yet! You have plans to give me a hope and a future. Therefore I will not despair but seek You with the assurance that I will find You. AMEN

### John 10 v 10

The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full.

### John 12 v 6

I have come into the world as a light, so that no one who believes in me should stay in darkness.

### PRAYER



Loving Lord, this is not all there is. You do not wish me to stay in this darkness. As I take medical steps, may I also fight against it myself. I trust that You will bring me out of this darkness into Your light. The thief wants to rob and steal and destroy my joy but You have come to give me life in all its fullness. In this I trust Lord. In this I hope. Towards this I work. And for this I pray in Jesus' name. AMEN

READINGS & PRAYERS

## TO HELP OVERCOME DEPRESSION

“

.. in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. ”

Romans 8 v 37-39

# OVERCOMING DEPRESSION

## GOD KNOWS ME COMPLETELY

### Psalm 143 v 4

So my spirit grows faint within me; my heart within me is dismayed.

### Psalm 139 v 1-4

O Lord, You have searched me and You know me. You know when I sit and when I rise; You perceive my thoughts from afar. You discern my going out and my lying down; You are familiar with all my ways. Before a word is on my tongue You know it completely, O Lord.

### Isaiah 41 v 10

So do not fear, for I am with You; do not be dismayed, for I am Your God. I will strengthen you and help you; I will uphold you with My righteous right hand.

## PRAYER



Father, I don't know where this depression has come from but you know how my heart has felt dismayed and my spirit faint. I praise you for the reassurance that you know me completely; you are familiar with all my ways. Thank you for the promises that you are with me, that you are MY God, that you will strengthen me, help me and uphold me with your righteous right hand.

AMEN

## HARD PRESSED, BUT NOT CRUSHED

### Psalm 18 v 6

In my distress I called to the Lord; I cried to my God for help. From His temple He heard my voice; my cry came before Him, into His ears.

### Psalm 23 v 4

Even though I walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me.

### Isaiah 63 v 9

In all their distress He too was distressed, and the angel of His presence saved them. In His love and mercy He redeemed them; He lifted them up and carried them all the days of old.

## PRAYER



Lord, I know what it is like to lift and carry and comfort a distressed child. I know what it is like to share his distress. Thank you that you share my distress, that you carry me as your child in your loving arms.

AMEN

### Psalm 42 v 5, 6b

Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise Him, my Saviour and my God. My soul is downcast within me; therefore I will remember you.

### Lamentations 3 v 21-23

Yet this I call to mind and therefore I have hope: Because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is Your faithfulness.

### 2 Corinthians 4 v 8

We are hard pressed on every side, but not crushed; perplexed, but not in despair;

## PRAYER



Often I ask myself, WHY am I so downcast. But Lord, it's something I can't help. I can't just shake myself out of it. I need your help and in you I have hope. Though this depression seems awful, yet I thank you that I am not consumed. I feel hard pressed on every side, yet I am not crushed. I feel perplexed, yet I am not entirely in despair. Lord I will remember you and praise you for your faithfulness. You are compassionate and every morning you provide a fresh batch of compassion and faithfulness. Help me, Lord Jesus, to trust in your great love.

AMEN

### Isaiah 61 v 1-3

The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favour and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion—to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the LORD for the display of his splendour.