

A Prayer For Every Season

Depression (Psalm 88)

1. Evidence of depression.

- 3 For my soul is full of _____, and my life draws near to _____.
- 4 I am counted among those who go down to the _____; I am a man who has no _____,
- 5 like one set loose among the _____, like the slain that lie in the _____, like those whom you remember _____, for they are cut off from your hand.
- 6 You have put me in the depths of the pit, in the regions of _____ and _____.
- 7 Your wrath lies heavy upon me, and you _____ me with all your waves.
- 8 You have caused my companions to _____ me; you have made me a horror to them. I am shut in so that I cannot _____;
- 9 my eye grows dim through _____.

2. Response to depression.

- 1 O LORD, God of my _____; I cry out _____ and _____ before you.
- 2 _____ my _____ come before you; incline your ear to my cry!
- 9 _____ I call upon you, O LORD; I spread out my hands to you.
- 10 Do you work wonders for the dead? Do the departed rise up to _____ you?
- 11 Is your _____ declared in the grave, or your _____ in Abaddon?
- 12 Are your _____ known in the darkness, or your _____ in the land of forgetfulness?
- 13 But I, O LORD, _____ to _____; in the morning my prayer comes before you.

A strategy to help you combat depression:

- 1.
- 2.