

Depression

D enounce evil thoughts that are contrary to God's word
E xpect God to help
P urpose in your heart to get closer to Him
R ealize who you are in Christ
E xclaim the truth
S upplicate what is bothering you - tell God
S urround yourself with Godly people
I nvite the Holy Spirit into your home
O pen your mouth, don't just think the Word, say it
N ever forget all He has done for you up to now

Prayer for Defeating Depression

Father, in the Name of Jesus I thank you that Jesus carried my grief and bore my sorrows. The chastisement of my peace was upon Him. He was beaten so that I might have peace. - NLT (Isaiah 53: 4&5) That means peace BELONGS to me.

Thank you that Jesus came to give me life more abundantly (John 10:10)
Depression is not life more abundantly. I resist and refuse to be depressed.
Depression, go from me now in Jesus' name.

Father your word says to call those things that be not as though they were (Romans 4:17). Therefore I call my mind clear and my emotions stable. I agree with you that I have the Mind of Christ (I Corinthians 2:16).

Thank you Lord that the same spirit that raised Christ from the dead dwells in me and He quickens (makes alive) my mortal body (Romans 8:11).

I will do all I have to do today in your strength (Philippians 4:13). I know you never leave me or forsake me (Hebrews 13:5). Thank you for going with me everywhere I have to go today and everyday! Thank you for giving me your peace, ability, and strength! I give you all the praise, glory and honor for you are my deliverer. Amen.