

Depression

Scripture Praise Focus: *“When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.”*
(Isaiah 43:2)

Dear Heavenly Father,

In your great love for us you have given us your Word, that doesn't condemn us, but comforts, encourages, heals, corrects and frees us. Your love for us is unconditional, and your hope for us is sure. We praise you Lord, that faith is a gift and trials in this life point us to a deeper dependence on you. We may get frustrated with ourselves or the circumstances, but you continue to look at us with compassion, drawing us with loving-kindness from the dark to the light. Through the fires or the rivers or depression, Lord, you carry us. You are greatly to be praised!

“Be careful, or your hearts will be weighed down with dissipation, drunkenness and the anxieties of life, and that day will close on you unexpectedly like a trap.” Luke 21:34 Your word does not tell us that we should never be depressed, but that You knew we would have tendencies to experience this in our lives. The lives of Elijah, Saul, David and Jonah all tell us tales of depression, Lord.

Many of the students on this campus today are experiencing depression that may be Situational (exists when a painful situation presses the heart down for a period of time), or Chemical (when body chemistry does not function properly or is altered by drugs or alcohol).

Lord, whatever the causes of their depression thank you that You are their hope for healing and restoration. Lord, open the eyes of those around them to recognize symptoms of depression so they may speak gentle words of encouragement and point them to you.

We pray this campus be free from the depressed states caused by drugs or alcohol. That of all the trials those on this campus must endure, they not be self-inflicted. Lord, teach them to praise you even in the midst of pain, so they come to the other side and rely more on you and your promises. Father, through your Holy Spirit bring joy to those who hurt.

Call them by name to lift up their spirits to you for healing and wisdom to reach out to others for help. Lord, equip the called whom you would have serve you as beacons of hope to those who struggle with depression on this campus. Holy Spirit intercede for them in their weakness, according to the will of God.

Thank you Father for your Son Jesus Christ who is the lamb who was slain, so that we may have an assurance of eternity with you where there will be no more sorrow and no more pain. "For I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. For the creation waits in eager expectation for the children of God to be revealed.

For the creation was subjected to frustration, not by its own choice, but by the will of the one who subjected it, in hope that the creation itself will be liberated from its bondage to decay and brought into the freedom and glory of the children of God." (Romans 8:18-21)

We pray this prayer in Jesus' name. Amen!

Song for mediation: I Will Rise by Chris Tomlin