

a prayer for depression

be merciful to me O God
be merciful to me
it seems like
that's all i can pray these days
these nights
are You listening to me?

my soul is overwhelmed with troubles
and some days i wonder
if i'm going to survive
i don't know what else to do
but run to You for refuge
hiding under Your wings
until these destructive waves pass by

i'm afraid
what if they take me under?
i'm losing hope
will You send out
Your steadfast love and faithfulness to find me
even here
where i sit alone
in the darkest corner of my world?

Lord have mercy
Christ have mercy
amen

O LORD, God of my salvation; I cry out day and night before you. Let my prayer come before you; incline your ear to my cry. For my soul is full of troubles, and my life draws near to death ... Darkness is my only companion.

Psalm 88: 1-3, 18b

Be merciful to me O God, be merciful to me for in you my soul takes refuge; in the shadow of your wings I will take refuge till the storms of destruction pass by. I cry out to God Most High, to God who fulfills his purpose for me. He will send from heaven and save me; he will put to shame him who tramples on me. God will send out his steadfast love and his faithfulness.

Psalm 57:1-3