

### **A PRAYER IN THE TIME OF NEED**

Almighty God, the Father of mercies and God of all comfort, come to my help and deliver me from this difficulty that besets me. I believe, Lord, that all trials of life are under Your care and that all things work for the good of those who love You.

Take away from me fear, anxiety and distress.

Help me to face and endure my difficulty with faith, courage and wisdom. Grant that this trial may bring me closer to You, for You are my rock and refuge, my comfort and hope, my delight and joy.

I trust in Your love and compassion. Blessed is Your name, Father Son and Holy Spirit, now and forever and to the ages of ages. Amen.

### **A PRAYER FOR THOSE GOING THROUGH DEPRESSION**

Lord Jesus Christ our God, who brought great joy into the world with Your Divine Birth, and salvation through Your glorious Resurrection; who shed Your precious blood to wash away the sins of humankind and to revive our spirit;

Approaching Your goodness, I ask that you hear my prayer and the voice of my petition and look with compassion upon *(person's name)* and restore hope and well-being to *his/her* life.

Banish from *him/her* the spirit of depression and melancholia by Your Grace. And if it was brought by the stain of sin, wash it away with your precious blood; if by unrighteousness, remove it with Your justice; if by guilt, lead *him/her* to confession and forgiveness; if by fear, drive it away with Your reassurance; if by anger and hostility, replace them with calmness and love.

Let not *his/her* faith waver; permit not *his/her* hope to flee; let not *his/her* trust in you fade away.

Illumine the darkness of *his/her* soul; disperse the cloud of despair that has encompassed *him/her*; reassure *his/her* mind; lift up *his/her* spirit; restore *his/her* confidence, and open the doors of *his/her* heart to permit the Holy Spirit to enter and abide there, and bring renewal and healing to *his/her* body and soul.

For You are the healer of our souls and bodies, and reviver of the spirits of all of us and to you we ascribe glory and thanksgiving and worship to the Father and the Son and the Holy Spirit, now and forever and to the ages of ages. Amen