



Sabbaths of Hope
Prayer for Hope
to Find Myself Again

God of all hope, hear my prayer.
I am afraid and in despair.
I can hardly remember a good day.
It seems so long ago when I knew
myself, when I felt the warmth
of the sun on my face, and when
friends filled my heart
with laughter.
I long for the days when I reached
out to a friend in need.
I am that one now . . . I can't find
the strength, love, or laughter
I used to share.
God of all hope, please hold me
and help me to find myself again.
Amen





Sabbaths of Hope

A Prayer for When I Feel Depressed

God of all hope, hear my prayer.

Please someone listen!

What I feel now is fear,
almost despair.

When was it better?

I can hardly remember a good day.
It seems so long since I saw the sun.

How long has it been since the
clouds parted and my soul saw
light?

Are you still there?

Do you still care even when
I no longer can; when I do not
care even if I live or die?

Yet hope is in me;
something deep desires life.

Still care is in you and in those
who act with you on my behalf.
God of all hope, hear my prayer.

Amen





Sabbaths of Hope

A Prayer for When I feel Depressed

O Lord, my God, show me signs of hope during this time of feeling sad and depressed. When I am on the verge of tears and feeling hopeless and worthless, remind me that I will not always feel this way. Help me to cope with my fatigue and restlessness. Give me courage to ask for help to overcome my depression, that I may, once again, celebrate the many blessings You have given to me. Take away all my anxious thoughts and quiet any fears. Please give me Your peace, guidance and protection,
today and always.

Amen





Symptoms of Depression

- Sad, anxious, or “empty” mood
- Sleeping too little; too much
- Changes in weight or appetite
- Loss of pleasure or interest in activities once enjoyed
- Feeling irritable or restless
- Trouble concentrating, making decisions, and remembering
- Fatigue or loss of energy
- Feeling guilty, hopeless, or worthless
- Physical symptoms that don't respond to treatment
- Thoughts of death or suicide

If you are experiencing 5 or more of these symptoms for longer than 2 weeks, or if the symptoms are severe, consult your doctor. Clinical depression is one of the most treatable illnesses. For help call: 1-800-273-TALK (8255); for information or resources call the Mental Health Association of the Heartland at 913-281-2221.

