

# Scripture for When You Are Depressed...



The best place to turn in times of despair and defeat is God's Word. Nothing else can offer you true hope! With that said, no scripture is the "wrong" passage to read if you find yourself in depression. ALL is beneficial for us at all times in life (see: 2 Timothy 3:16-17). However, there are a few that may be a bit more applicable for particular circumstances or scenarios. I have put a few together here and pray that they are encouraging, revealing, and uplifting to your soul no matter where you find yourself right now.

## Psalms

- Psalm 23
- Psalm 28
- Psalm 29
- Psalm 31
- Psalm 32
- Psalm 34
- Psalm 43
- Psalm 46
- Psalm 55
- Psalm 68
- Psalm 71
- Psalm 73

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- Psalm 91
- Psalm 103
- Psalm 119

## Additional Passages

- Lamentations 3
- 2 Corinthians 1:8-10
- Hebrews 5:8
- James 1:3

Lastly, I couldn't give you passages of Scripture to read without giving you some applications as well. Here are a few good verses to pray specifically as you walk through this time.

## Passages to Pray

Ephesians 3 ... Let me know the full love of Christ.

Romans 8:29 ... Help me look more like Jesus today.

John 13:34-35 ... Teach me to love others as You do.

Hebrews 5:14 ... Bring me to maturity, able to discern good from evil.

2 Corinthians 12:9-11 ... May I boast only in my weakness and Your strength!

### **Need someone to talk to?**

I offer Free Consultations, and would be glad to spend a few minutes listening and praying with you.

[Book a Free Consultation with Marla here.](#)