

Weekly Prayer Plan – Victory Over Depression

How to Use this Template:

Download and save this document to begin using at the beginning (Monday) of every week. Every week will have different bible verses to meditate on based on the Faith Fight Podcast episode topic for that week. Determine the time and place that you will devote to prayer. The below structure is set for one hour and is only used as a guide. You can adjust your timing if necessary.

Time: _____

Place: _____

5 min – Drawing Near To God

5 min – Confession

10 min – God-Centered Petitions

10 min – Intercessory Prayer

10 min – Personal Petitions

15 min – Meditation

5 min – Praise, Thanksgiving & Closing

1. **DRAWING NEAR TO GOD** - Matt. 6:9 “This, then, is how you should pray: “Our Father in heaven, hallowed be your name”

God the Father is the focus of all our prayers. We should never forget what a privilege it is to bend our knees on earth and reach almighty God in heaven.

2. **CONFESSION** - Matt. 6:12 “Forgive us our sins as we forgive those who sin against us”

When we repent and forgive others, we maintain fellowship with God. But if we hold grudges, that fellowship is broken. God loves to answer our prayers when the lines of communication are not disrupted.

3. **GOD CENTERED PETITIONS** Matt 6:10 “Your kingdom come. Your will be done, On earth as it is in heaven.”

Prayer should reflect a desire to align ourselves with God’s goals and purposes, not to get Him to follow our plans.

4. **PERSONAL PETITIONS** Matt 6:11 “Give us today our daily bread.”

We are dependent upon the Lord for our needs and He wants us to come to Him with our requests.

5. **MEDITATION Joshua 1:8** “Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful.”

Meditation is thinking about the word of God to understand what it means in the context of the scripture and how it can apply to your life today. The Word of God is powerful enough to still be relevant in your life today even though it was written thousands of years ago.

Read through the scripture passages for today as listed below:

Meditational Verses

Monday: Psalms 146:1-10

Tuesday: Psalms 9:7-12

Wednesday: Psalms 146:1-23

Thursday: Isaiah 60:1-3

Friday: Isaiah 35:1-10

Saturday: John 14:15-31

Sunday: Nehemiah 8:1-18

Once you have read the scripture for today, write down your answer to the questions below or any other insight/revelation that you receive in your prayer journal.

1. Is there a promise to claim?
2. Is there a lesson to learn?
3. Is there a blessing to enjoy?
4. Is there a command to obey?
5. Is there a sin to avoid?
6. Is there a new thought to carry with me?

6. **PRAISE & THANKSGIVING 1 John 5:14-15** “This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us. And if we know that he hears us—whatever we ask—we know that we have what we asked of him.”

We can end our prayer time with confidence that God has heard our prayer and will answer in His perfect timing. Demonstrate your faith in Him by showing thanks before you see the answer to your prayers.

Victory Over Depression – Notes & Bible Verses

Over the past few years, the topic of depression and mental health has become more of a discussion point and more accepted in society. If you find yourself smiling through any cycles of depression, worry or anxiety, know that there are many resources out there to help. As believers we have to also ensure that we are anchoring ourselves to the Word of God. That will be our strong hold and a place where we can hang our hat when our mentals are being pressured from every side by the world.

*The Lord reigns forever; he has established his throne for judgment. He rules the world in righteousness and judges the peoples with equity. The Lord is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name trust in you, for you, Lord, have never forsaken those who seek you. Sing the praises of the Lord, enthroned in Zion; proclaim among the nations what he has done. For he who avenges blood remembers; he does not ignore the cries of the afflicted. - **Psalms 9:7-12 NIV***

God is the true, eternal King who rules over all. As a result, he executes judgement on the nations, acting with fairness on behalf of the oppressed and the afflicted. He is the champion of those who are persecuted, providing a secure refuge for those who seek him. If you have been suffering with depression, remember who our God is.

*He upholds the cause of the oppressed and gives food to the hungry. The Lord sets prisoners free, the Lord gives sight to the blind, the Lord lifts up those who are bowed down, the Lord loves the righteous. - **Psalms 146:7-8 NIV***

This is another verse that you can remember if you are feel broken-hearted, oppressed, or of less value. God has compassion on all people and is there to uphold you. He will also work through His church so believers who are not struggling now need to be there to help those who are going through some challenges in this area.

*In my alarm I said, "I am cut off from your sight!" Yet you heard my cry for mercy when I called to you for help. Love the Lord, all his faithful people! The Lord preserves those who are true to him, but the proud he pays back in full. Be strong and take heart, all you who hope in the Lord. - **Psalms 31:22-24 NIV***

These verses are encouraging us to hold on to God's promises and continue to worship him. Be strong, courageous and put your hope in him. God is worthy of this because of who he is and the support he promises to all who look to him.

*Strengthen the feeble hands, steady the knees that give way; say to those with fearful hearts, "Be strong, do not fear; your God will come, he will come with vengeance; with divine retribution he will come to save you." - **Isaiah 35:3-4 NIV***

God's people throughout the ages need encouragement to persevere in a sinful world. When you align yourself with God you do not need to fear. The enemy cannot prevail against you. There is hope for you and you will be victorious because God will save you.

*For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future. Then you will call on me and come and pray to me, and I will listen to you. You will seek me and find me when you seek me with all your heart. - **Jeremiah 29:11-13 NIV***

We are all encouraged by a leader who stirs us to move ahead, someone who believes we can do the task that he has given and who will be with us all the way. God is that leader. He knows the future and his plans for us are good and full of hope. God will see us through the momentary challenges so that we can overcome if we don't give up.

*You will keep in perfect peace those whose minds are steadfast, because they trust in you. Trust in the Lord forever, for the Lord, the Lord himself, is the Rock eternal. - **Isaiah 26:3-4 NIV***

With God we can know perfect peace even though there is strife in the world around us. The way that we can have that peace is to be devoted to him daily. With God's almighty power and unchanging love we are not shaken by the chaos in the world around us.

*Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid. - **John 14:27 NIV***

The storms may come in life but when you are found in Jesus, you will be able to have peace in the middle of the storm. This is the peace of God and this is the peace that Jesus has given us. The peace that passes understanding and guards our heart as mentioned also in Philippians 4:7.

Arise, shine, for your light has come, and the glory of the Lord rises upon you. See, darkness covers the earth and thick darkness is over the peoples, but the Lord rises upon you and his glory appears over you. Nations will come to your light, and kings to the brightness of your dawn -
Isaiah 60:1-3 NIV

As we read these promises from God we wait patiently for their fulfillment but we have to wait for God's perfect timing. God is in control of everything and weaves together all of our lives according to his plan. Your response is to arise from where you are. Have a cheerful attitude because what God is doing is about to be revealed. Don't allow yourself to be consumed by the darkness around you. He has called YOU to be light.

Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength." - **Nehemiah 8:10 NIV**

If you feel yourself starting to slip into a pit of depression, find something today that you enjoy to do and do that. Find someone that you can serve and help them. If there are some friends whose company you enjoy, invite them out for dinner and enjoy each other's company. Focus on something you enjoy doing. A hobby or something. I love restoring and modifying cars and I'm working on one now. It brings me a lot of joy that I get to restore and create something according to my vision. It gives me a sense of accomplishment. When you do this you will find that God will renew your strength through those people it through that activity.