

# When Your Soul is Downcast

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## DAY 1

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### SCRIPTURE

“Why, my soul, are you downcast? Why so disturbed within me? Hope in God; for I shall yet praise him, my Savior and my God.” - Psalm 42:11

### REFLECTION

Depression tells you that your story ends in darkness, but your soul’s true home is hope. Speaking truth into your own doubt ignites praise that pushes back the gloom. Even in the valley, your heart can sing of the One who saves.

### PRAYER

Father, renew my hope today. Speak life into my weary heart and remind me that my praise fuels my faith.

### ACTION STEP

List three truths about God’s character—His faithfulness, love, and power—and post them where you’ll see them whenever despair creeps in.



# God is Near the Brokenhearted

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## DAY 2

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### **SCRIPTURE**

“The Lord is near to the brokenhearted and saves the crushed in spirit.” - Psalm 34:18

### **REFLECTION**

When depression crushes your spirit, it's easy to feel alone. Yet God draws near to the shattered places in your heart. His presence is your refuge, even when you can't sense it.

### **PRAYER**

Lord, thank You for not leaving me in my brokenness. Help me rest in Your closeness when I feel most distant

### **ACTION STEP**

Reach out to a trusted brother and share one honest word about your struggle. Let mutual encouragement lighten your load.



# Rest for the Weary

## DAY 3

### SCRIPTURE

“Come to me, all who labor and are heavy laden, and I will give you rest... For my yoke is easy, and my burden is light.” - Matthew 11:28-30

### REFLECTION

Depression often leaves you exhausted by striving to feel okay. Jesus invites you to trade that exhausting burden for His gentle rest. True recovery begins when you stop performing and start leaning into Him.

### PRAYER

Jesus, I lay down my effort to fix myself. Teach me to rest in Your grace and exchange my heavy burden for Your light yoke.

### ACTION STEP

Block out thirty minutes today to do nothing but sit before God—pray, read a psalm, or simply be still and sense His presence.



# Strength in Weakness

## DAY 4

### SCRIPTURE

“My grace is sufficient for you, for my power is made perfect in weakness.” - 2 Corinthians 12:9

### REFLECTION

Your weakness feels like defeat, but it's actually the stage for God's strength to shine. Every time depression reminds you of your frailty, His grace meets you in that exact moment, turning your low point into a victory.

### PRAYER

Lord, I welcome my weakness and invite Your strength to fill every crack in my life.

### ACTION STEP

Identify one area where you feel powerless. Pray Scripture over it, declaring God's strength into that weak spot.



# Fear Not, I Am With You

## DAY 5

### SCRIPTURE

“Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.” - Isaiah 41:10

### REFLECTION

Depression and fear often travel hand in hand, whispering that you're forgotten. But God's promise is unwavering presence. The same hand that holds creation also upholds you in your darkest hour.

### PRAYER

Father, remind me that You are with me in every dark moment. Let Your power sustain me when I cannot sustain myself.

### ACTION STEP

Memorize Isaiah 41:10. Recite it aloud whenever your thoughts begin to spiral, claiming His presence over your fear.



# Mercies New Every Morning

## DAY 6

### SCRIPTURE

“The steadfast love of the LORD never ceases; his mercies never come to an end; they are new every morning; great is your faithfulness.” - Lamentations 3:22-23

### REFLECTION

Depression convinces you that nothing ever changes, but God’s mercy resets with each sunrise. His faithfulness doesn’t depend on how you feel—it’s anchored in His unchanging character and fresh each day.

### PRAYER

Lord, thank You that Your mercies meet me each morning. Help me live in the reality of Your unwavering love today.

### ACTION STEP

Each morning this week, write down one thing you are grateful for and one way you experienced God’s mercy in the past twenty-four hours.



# Casting All Your Cares

## DAY 7

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### **SCRIPTURE**

“Casting all your anxieties on him, because he cares for you.” - 1 Peter 5:7

### **REFLECTION**

Depression tempts you to isolate and carry burdens alone. Casting your cares to Christ is an act of faith that reminds you He cares deeply and wants you to depend on Him. You were never meant to fight this battle solo.

### **PRAYER**

Jesus, I cast my depression, my sorrow, and every heavy thought onto You. Thank You for carrying what crushes me.

### **ACTION STEP**

Hold a small object as a symbol of your burden. As you set it down, pray and declare that you are surrendering every weight into Christ’s capable hands.

