

Prayer for Hope in Depression

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 don't 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.