



Empower Her Ministries

11 Prayers For Depression

This was created for women to find freedom from depression.



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Hey Friend,

We want to start by saying you were created to live in freedom. This freedom comes with you using the power to speak against any low thoughts by affirming what is true about you.

When God created you, He created you in His image. God created this whole world by simply speaking things into existence. Since you are created in God's image, the same power God has lives inside of you to create. You can do this by speaking life!

Proverbs 18:21 is a simple reminder that the tongue has the power of life and death, and those who love it will eat its fruit.

We believe the more you pray the truth of God's word out loud the more you will navigate on the freedom path from depression.

Our ministry is praying for your freedom journey, sister.

We believe depression is now breaking from your mind and starting today will be your Day 1 of Freedom From Depression.

We love you and are excited to see you live in freedom!

11 PRAYERS FOR DEPRESSION

 EMPOWER HER MINISTRIES

Prayer 1:

2 Corinthians 10:5 : We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

Today, I am choosing to take captive all of my thoughts. Since I was created by The Creator, God, I have the power to control my thoughts. I am choosing right now to place every thought that doesn't align with God's truth at the feet of Jesus. Whenever there is a low or negative thought to try to come in my mind, I will choose to speak God's truth about me. Starting now, I am moving forward choosing to live in God's freedom. In Jesus name, Amen.

Prayer 2:

Jeremiah 1:5 : Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations.

God, thank you for creating me and choosing me with purpose in mind. I understand sometimes my thoughts may not align with what you have spoken over me. I ask that any time my thoughts go against your truth that you help me to find a verse to use as a simple reminder of why you chose me to be in this world. In Jesus name, Amen.

Prayer 3:

2 Corinthians 5:17 : Therefore, if anyone is in Christ, he is a new creation; old things have passed away; behold, all things have become new.

God, if I can be honest, there are times where I feel like I am not good enough because of mistakes I have made. I have failed others. Sometimes I have failed myself and I may have even failed you. I understand my past helps me to become who I am today. However, I pray that you will show me how to extend grace to myself whenever I feel anxious about my past. Help me to remember I am forever made new now that I belong to you. In Jesus name, Amen.

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Prayer 4:

Colossians 3:23 : And whatever you do, do it heartily, as to the Lord and not to men,

I do not know why, but sometimes I compare myself to others. I see people who have things I desire and it makes me feel like I am not good enough to enjoy where I am. God, I ask that you will help me to surrender every insecurity I have about myself to you in those moments. Help me to find joy, so everything I do produces the joy you give me. In Jesus name, Amen.

Prayer 5:

Psalms 139:14 : I will praise You, for I am fearfully and wonderfully made; Marvelous are Your works, And that my soul knows very well.

God, you have made me fearfully and wonderfully in your image. Although I know this to be true, there are times where I find myself experiencing a low moment where I do not see myself the way that you do. I pray the next time this occurs I pray your vision of me will radiate throughout my mind. May I never forget that moment. May your image of me forever shine brightly whenever I see myself. In Jesus name, Amen.

Prayer 6:

Philippians 4:8 : Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things.

I pray whatever circumstance that I encounter I trust you God to help me to focus on the things that are true, good, pure, lovely, excellent and worthy of praise. I pray that any time where my mind starts to shift negatively Father you will help me to refocus my mind. May my mind be filled with gratitude and I speak out loud of the things I am grateful for. In Jesus name, Amen.

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Prayer 7:

1 Peter 5:7 : Cast all your anxiety on him because he cares for you.

Sometimes I feel like I am not good enough. I do not know where these feelings come from and I know they are not true. God, I ask that the next time these feelings come you will send me a simple reminder of why I am good enough. Help me to surrender those thoughts to you because you love and care for me. In Jesus name, Amen.

Prayer 8:

John 14:1 : Do not let your hearts be troubled. You believe in God ; believe also in me.

God, I ask that you help me not to worry. You have blessed me so much and have answered many prayers. There are days where I feel like so many people count on me. Other days, my emotions are overwhelmed by my workload. Help me to focus on the things I can only control, which are my thoughts. Any time I feel overwhelmed, help me to trust in you. In Jesus name, Amen.

Prayer 9:

Ephesians 2:8-9 : For it is by grace you have been saved, through faith—and this is not from yourselves, it is the gift of God— not by works, so that no one can boast.”

God, every day you give me grace, especially in areas of my life I do not deserve. I am so grateful that your grace is a gift you give freely, not something that has to be earned. I ask that you will help me to extend myself and others the same grace you give. May I give generously. In Jesus name, Amen.

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Prayer 10:

Mark 4:39 : He (Jesus) got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

God, when my mind races with overwhelming thoughts, it can be hard to hear from you. Today, I ask for you to help me learn how to calm my mind when negative thoughts begin to flood it. Just like when Jesus calmed the storm, I invite you to show me how I can use your power to calm any storm that may try to form in my mind to bring me peace completely. In Jesus name, Amen.

Prayer 11:

John 3:16 : For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

Thank you for your love, God. I know that I am forever loved by you because of your gift of Jesus. Today, I thank you for your love. I pray that you will always remind me how loved I am. Any time where I feel unwanted or unseen I pray you will remind me of the love you have for me. Thank you for reminding me right now. In Jesus name, Amen.

Write More Prayers Below!



How are your Empower Her Cards working for you? 💕

We'd love to hear your story! Whether it's a quick email, a short video, or even a picture of you with your cards, your feedback means so much. Plus, every time you share, you'll earn bonus entries in our quarterly giveaway 🎉. Your testimony not only encourages us, but it also inspires other women in our community to keep building by faith.

A Special Gift Just for You

As a thank-you for being part of the Empower Her Tribe, we've included a free resource: *11 Prayers for Depression*. This guide was written to remind you that God's Word still brings hope on hard days. May it bless you as you continue your journey of faith and freedom.

BUILD BY FAITH

**For The Girl With A
Word, Not A Plan**



Seek God first, build strong, and join us for our next Build By Faith Event, RSVP now to save your spot!

wesharetoempower.com/ourevents