

Sabbaths of Hope  
Prayer for Hope  
to Find Myself Again

God of all hope, hear my prayer.  
I am afraid and in despair.  
I can hardly remember a good day.  
It seems so long ago when I knew  
myself, when I felt the warmth  
of the sun on my face, and when  
friends filled my heart  
with laughter.  
I long for the days when I reached  
out to a friend in need.  
I am that one now . . . I can't find  
the strength, love, or laughter  
I used to share.  
God of all hope, please hold me  
and help me to find myself again.  
Amen





## Sabbaths of Hope

### A Prayer for When I Feel Depressed

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?

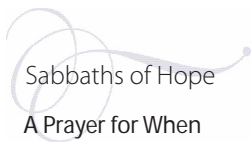
Are you still there?

Do you still care even when  
I no longer can; when I do not  
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





## Sabbaths of Hope

### A Prayer for When I feel Depressed

O Lord, my God, show me signs of hope during this time of feeling sad and depressed. When I am on the verge of tears and feeling hopeless and worthless, remind me that I will not always feel this way. Help me to cope with my fatigue and restlessness. Give me courage to ask for help to overcome my depression, that I may, once again, celebrate the many blessings You have given to me. Take away all my anxious thoughts and quiet any fears. Please give me Your peace, guidance and protection,  
today and always.

Amen



