

## Overcoming Depression

### Declare the Word of God over your Life:

I am a child of God, born-again, filled with the Holy Spirit, redeemed by the blood of the Lamb. I do not live by bread alone but by every Rhema Word that comes out of the mouth of God. **John 1:12; 3:3,7; Ephesians 5:18; Revelation 5:9; 1 Peter 1:18,19; Deuteronomy 8:3; Matthew 4:4; Luke 4:4**

I will not be conformed to this world, but I will be transformed by the renewing of my mind so that I can prove the good and acceptable and perfect will of God. **Romans 12:2**

I will overcome the devil by the blood of the Lamb, by the word of my testimony and by not loving my own little even unto death. **Revelation 12:11**

"Man shall not live by bread alone but by every Rhema Word that proceeds from the mouth of God." Matthew 4:4 "Let it be to me according to your Rhema Word." **Luke 1:38**

"Faith comes by hearing and hearing by the Rhema Word of God." **Romans 10:17**

"And take up the sword of the Spirit which is the Rhema Word of God." **Ephesians 6:17**

"Let these words be your weapons as you fight." **1 Timothy 1:18 (Today's English Version)**

### *Some Scriptures are paraphrased into prayers*

***Depression is an assignment from the Devil. His plan is to steal, kill and destroy our life. Jesus said, "I have come that they may have life, and that they may have it more abundantly." (John 10:10) Abundant life doesn't come instantly, but rather it comes as a process of renewing our mind by God's word, the truth. Below are scriptures that you can pray and declare over yourself.***

### **My is mind is renewed in Christ, I Declare:**

- I will not be afraid or discouraged, for the Lord will personally go ahead of me. He will be with me; He will neither fail me nor abandon me. **Deuteronomy 31:8**
- Lord, you hear my prayers and will rescue me from all my troubles. **Psalms 34:17**
- Lord, you lift me out of the pit of despair, out of the mud and the mire. You set my feet on solid ground and steady me. You will give me a new song to sing, a

hymn of praise to you. Many will see what you have done in my life and be amazed. **Psalm 40:1-3**

- Jesus, you are my shield and you will hold my head high. **Psalm 3:3**
- Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God! **Psalm 42:11**
- I will humble myself as God shows me what I need to change. He will lift me up as I give all my worries and cares to him, because he cares for me. **1 Peter 5:6-7**
- I will take heart in my trials and sorrows because Jesus has given me peace and has overcome the world. **John 16:33**
- Nothing can separate me from God's love. Neither death nor life, neither angels nor demons, neither my fears for today nor my worries about tomorrow—not even the powers of hell can separate me from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate me from the love of God that is revealed in Christ Jesus my Lord. **Romans 8:38-39**
- Lord even when I stumble, I will never fall for you hold me with your hands. You direct my steps and delight in the very detail of my life. **Psalm 37:23-24**
- I will not be afraid or discouraged, for the Lord will personally go ahead of me. He will be with me; He will neither fail me nor abandon me. **Deuteronomy 31:8**