

# Rx Psalm 143 for Depression

V-3: *"My enemy has chased me. He has knocked me to the ground. He forces me to live in darkness like those in the grave."* Identify the problem.

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V-4: *"I am losing all hope; I am paralyzed with fear."* Express your true feelings.

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V-5: *"I remember days of old. I ponder all your great works. I think about what you have done."* Remember what God has done.

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V-6: *"I reach out for you. I thirst for you as parched land thirsts for rain."* Reach out to the Lord.

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V-7: *"Come quickly, Lord, and answer me, for my depression deepens. Don't turn away from me or I will die."* Ask God for help.

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V-8: *"Let me hear of your unfailing love to me in the morning, for I am trusting you. Show me where to walk, for I have come to you in prayer."* Tune your ears to the Lord.

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V-9: *"Save me from my enemies, Lord; I run to you to hide me."* Pray for God's deliverance.

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V-10: *"Teach me to do your will, for you are my God. May your gracious Spirit lead me forward on a firm footing."* Seek God's wisdom and guidance.

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