

- We pray at every meeting and prayer is our middle name.
- Depression turns us inward, and often do not feel like praying or feel unworthy to pray.

### **Q1. Have you ever felt cut off from God?**

- Prayers that focus only on problems can make us feel worse.
  - Don't fear telling God how bad you are feeling.
  - God cares about our pain and wants to hear from us.
  - "In every situation, by prayer and petition, **with thanksgiving**, present your requests to God." (Philippians 4:6).
  
- Cry to God when you are hurting.
  - God cares. "The eyes of the LORD are on the righteous, and his ears are attentive to their cry." (Psalm 34:15)
  - "O LORD, how long will you forget me? Forever? How long will you look the other way?" (Psalm 13:1)
  - "My God, my God, why have you forsaken me? Why are you so far from saving me, so far from my cries of anguish?" (Psalm 22:1)
  - <sup>3</sup> I am overwhelmed with troubles and my life draws near to death... <sup>6</sup> You have put me in the lowest pit, in the darkest depths... <sup>13</sup> But I cry to you for help, LORD... <sup>14</sup> Why, LORD, do you reject me and hide your face from me? (Psalm 88:3, 6, 13-14)
  
- Ask God for help.
  - "You don't have what you want because you don't ask God for it" (James 4:2).
  - "The Father will give you whatever you ask for, using my name" (John 15:16).
  - "If we ask anything according to his will, he hears us" (1John 5:14).
  
- Trust God, depending on Him.
  - "Humble yourselves, therefore, under **God's mighty hand**, that he may lift you up in due time. Cast all your anxiety on him because he cares for you" (1Peter 5:6-7).

- "Is anyone among you suffering? Let him pray... Is anyone among you sick? Let him call for the elders of the church, and let them pray over him... And the **prayer of faith** will save the sick, and **the Lord will raise him up**... The effective, fervent prayer of a righteous man avails much." (James 5:13-16).
- "Trust in him at all times,...pour out your hearts to him, for God is our refuge." (Psalm 62:8).
- "Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and **the God of all comfort, who comforts us** in all our troubles..." (2Cor 1:3-4)

### **Q2. What experiences have you had with prayer?**

- Ask others to pray for you.
  - "Pray for us" (1Th. 5:25; 2Th 3:1; Hebrews 13:18)
  - "You also must help us by prayer, **so that many will give thanks** on our behalf for the blessing granted us through the prayers of many" (2 Cor. 1:11).

### **Q3. How has God answered prayers of others for you?**

#### **RESPONSE**

1. Cry out to God when you are hurting.
2. Pray for yourself.
3. Ask others to pray for you.
4. Pray for others.
5. Pray with others.

## Prayer Requests

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

**Ephesians 3:16-21** “that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, <sup>17</sup> so that Christ may dwell in your hearts through faith; *and* that you, being rooted and grounded in love, <sup>18</sup> may be able to comprehend with all the saints what is the breadth and length and height and depth, <sup>19</sup> and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God. <sup>20</sup> Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, <sup>21</sup> to Him *be* the glory in the church and in Christ Jesus to all generations forever and ever. Amen.”

## Mood Disorder Share & PRAYER Support Group

### Pray and Ask for Prayer

**Our Mission** – Glorify God by serving those who suffer from a mood disorder and those who care for them

#### Pillar # 4

**We believe that God uses prayer, and not medicine only, to bring healing and health. “The prayer offered in faith will make the sick person well; the Lord will raise them up (James 5:15 NIV).”**

A ministry of Grace Baptist Church, Bowie MD  
Childcare available at no cost from 7:00-8:30 PM Tuesdays

[www.gbcbowie.org](http://www.gbcbowie.org)