

A Prayer of Surrender-Depression and Anxiety

Dear LORD,

Sometimes I feel like I am drowning. The weight I feel on my shoulders is sometimes too much. Not everyone understands how it feels & so many people are so quick to judge me. I feel trapped inside my brain... like a me inside wants to accomplish so much & thrive, but then my brain fogs or I become overwhelmed & it's like my whole body physically just shuts down. I feel so tired & physically weak. There are ways I try to cope, but God, even those leave me feeling empty inside... like I have to keep it up or lose the fight against it. I don't want to live like this forever. I don't want to feel so imprisoned by my own brain. Please give me wisdom. Do I need medicine? Lead me. Do I need specific nutrients my body is lacking so my brain can be fueled to release whatever chemicals it is slacking on? Give me wisdom. Do I need counseling? Help knowing how to live with it? Who? Where? Please guide my steps. Direct me. And God, please let me not forget Your peace. If I am honest, sometimes I run to my coping mechanisms, my "happy highs" because I am at least a little afraid that maybe You won't be enough... that Your peace will come up short for my need. Please forgive me for doubting You. You made the world & everything living in it. You have authority in Heaven & on Earth. You gave Your all, through Jesus, to redeem me in my sin. How can I doubt that You will be enough still? That You are more than enough? Please forgive me. Build in me a reliance on You. Let You be my hope. Be my refuge. Be my strength. Be my clarity & focus. Be my Guide, my Counselor, my Faithful Friend & Father... My Prince of PEACE. You are Enough. I know it. Please help me see how to lean into You with my all & trust Your peace to be more than sufficient in EVERY circumstance, even when the hard stays hard. In Jesus' name, *Amen.*

A Note from the Author:

Living with poor mental health is HARD sometimes. The weight, the fog, the numbness or overwhelm. It doesn't make sense & yet it is. People often misunderstand & can call us lazy. If only they knew all we want to accomplish deep down... who we want to be... if not for the oppression we feel inside our brains that affect the rest of our body. It's tough. Not to mention how quick Satan is to jump in there & echo their reactions, lacing it with cruelty & despair, ever pulling at you to just give up. Satan wants you to believe that HARD = BAD & EASY = GOOD, period. But that's a lie. Hard doesn't HAVE to equal bad, & easy isn't always good either. I have been imprisoned by my coping mechanisms for far too long. My "happy highs" that I run to are gaming, tv bingeing, mindless swiping games, video bingeing, snacking, eating out, & anything to make me FEEL something so I don't have to feel vulnerable & at risk of LOSING to my symptoms. They have become my DO IT OR ELSE threat, motivated by a fear that if I don't, it all falls apart. But they have become my prison. It is SO important to remember that God's PEACE is IMPOSSIBLE peace... it doesn't make sense because it can exist when it makes ZERO sense for it to exist! IF we be willing to reach out to God AS our hope, strength, & help. Don't let Satan fool you into submission to substitutes that can never actually HELP you, only help you AVOID getting help. God is sufficient! So, CLING to that Truth! You might find some freedom in reading my post "Understanding Depression with Discernment" @ <https://michellehydeonline.com/understanding-depression-with-discernment/> & "Hiding My Fears Behind Coping Mechanisms" @ <https://michellehydeonline.com/hiding-my-fears-behind-coping-mechanisms/> I hope they are an encouragement to you to put ALL your HOPE in HIM as your HELP as you walk this difficult path. God doesn't promise easy, but He does promise He will be with you every step of it & that His peace is sufficient in everything.

~Michelle Hyde

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