

**Psalms to meditate on and pray when feeling depressed:**

***Psalm 34:18 (NIV)***

The Lord is close to the brokenhearted and saves those who are crushed in spirit.

***Psalm 23:4 (NIV)***

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.

***Psalm 32:7 (NIV)***

You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.

***Psalm 31:2 (NIV)***

Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me.

***Psalm 91:4 (NIV)***

He will cover you with his feathers, and under his wings you will find refuge; his faithfulness will be your shield and rampart.

***Psalm 55:22 (NIV)***

Cast your cares on the Lord and he will sustain you; he will never let the righteous be shaken.

***Psalm 46:1 (NIV)***

God is our refuge and strength, an ever-present help in trouble.

***Psalm 43:5-6 (NIV)***

Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.

***Psalm 68:19 (NIV)***

Praise be to the Lord, to God our Savior, who daily bears our burdens.

***Psalm 18:2 (NIV)***

The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold.

***Psalm 34:8 (NIV)***

Taste and see that the Lord is good; blessed is the man who takes refuge in him.

***Psalm 34:24 (NIV)***

Be strong and take heart, All you who hope in the Lord.

***Psalm 73:26 (NIV)***

My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

***Psalm 29:11 (NIV)***

The Lord gives strength to his people; The Lord blesses his people with peace.

***Psalm 103:2-5 (NIV)***

Praise the Lord, O my soul, and forget not all his benefits- who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion, who satisfies your desires with good things so that your youth is renewed like the eagle's.

***Psalm 28:7 (NIV)***

The Lord is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song.

***Psalm 29:11 (NIV)***

The Lord gives strength to his people; The Lord blesses his people with peace.

***Psalm 9:9-10 (NIV)***

The Lord is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name trust in you, for you, Lord, have never forsaken those who seek you.

***Psalm 116:3-5 (NIV)***

I was overcome by distress and sorrow. Then I called on the name of the Lord: "Lord, save me!" The Lord is gracious and righteous; our God is full of compassion.

***Psalm 30:5 (NIV)***

Weeping may stay for the night, but rejoicing comes in the morning.

***Psalm 130:1-2, 5 (NIV)***

Out of the depths I cry to you, Lord; Lord, hear my voice. Let your ears be attentive to my cry for mercy. I wait for the Lord, my whole being waits, and in his word I put my hope.

***Psalm 30:11-12 (NIV)***

You turned my wailing into dancing; you removed my sackcloth and clothed me with joy, that my heart may sing your praises and not be silent. Lord my God, I will praise you forever.