

## Prayer against Depression - by Saint Ignatius of Loyola

O **Christ** Jesus,  
when all is darkness  
and we feel our weakness and helplessness,  
give us the sense of Your presence,  
Your love, and Your strength.  
Help us to have perfect trust  
in Your protecting love  
and strengthening power,  
so that nothing may frighten or worry us,  
for, living close to You,  
we shall see Your hand,  
Your purpose, Your **will** through all things.

By Saint Ignatius of Loyola