



A PRAYER AGAINST DEPRESSION  
By St. Ignatius of Loyola

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

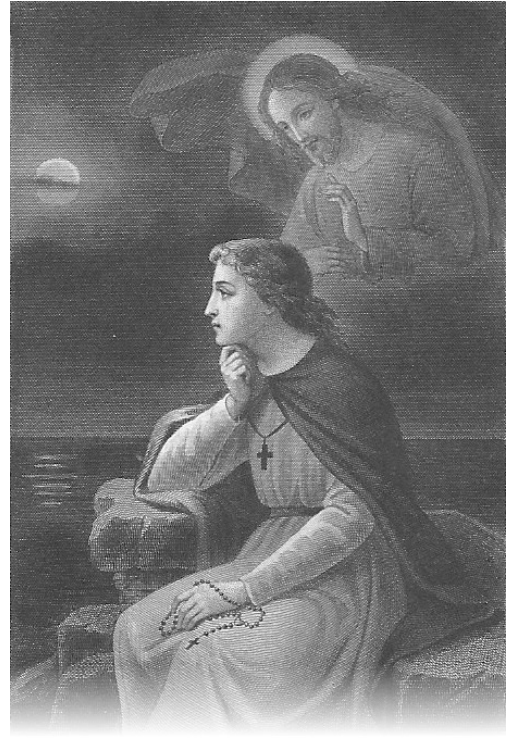
St. Ignatius of Loyola, pray for me!

#### PRAYER FOR PEACE OF MIND

O Heart of Jesus, I place all my trust in You, hoping for all things from Your goodness. You make a root flourish beneath the soil; You can make fruitful the darkness in which I find myself today. I adore You in all Your purposes even without knowing them; Your will be done, not mine. May I be patient! It is so difficult to realize these trials, heartbreaking as they are, can be turned into blessings. Lord, give me peace of mind, peace of heart, and peace of soul, as I offer You my thoughts, my words, and my actions, and yes, Lord my sufferings. May they all be for Your greater glory, Amen.

THE CHRISTIAN IS NEVER ALONE

DRAW NEAR TO GOD AND HE WILL  
DRAW NEAR TO YOU. James 4:8



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