

# Verses for Reading Assignment

**Each day** for a month read the same (one or more) of the passages listed. Or feel free to substitute your own favorite verse, chapter or book of the Bible. The goal is just to read the same passage(s) every day for a month. You can memorize, meditate, write or just read, but try to do it every day. Put the verse(s) up somewhere you can see them, bookmark or write them down somewhere.

## Depression

### **Psalm 130:1-2, 5-6**

1 "Out of the depths I cry to you, Lord; 2 Lord, hear my voice. Let your ears be attentive to my cry for mercy. 5 I wait for the Lord, my whole being waits, and in his word I put my hope. 6 I wait for the Lord more than watchmen wait for the morning, more than watchmen wait for the morning."

**Psalm 34:18** "The Lord is near to the brokenhearted and saves those who are crushed in spirit."

**John 12:46** "I have come into the world as a light, so that no one who believes in me should stay in darkness."

**Psalm 18:28** "You, Lord, keep my lamp burning; my God turns my darkness into light."

**Deuteronomy 31:8** "The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

**Psalm 42:11** "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 40:1-3** "I waited patiently for the Lord; he turned to me and heard my cry. 2 He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. 3 He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the Lord and put their trust in him."

**Psalm 13** "How long, Lord? Will you forget me forever? How long will you hide your face from me? 2 How long must I wrestle with my thoughts and day after day have sorrow in my heart? How long will my enemy triumph over me? 3 Look on me and answer, Lord my God. Give light to my eyes, or I will sleep in death, 4 and my enemy will say, "I have overcome him," and my foes will rejoice when I fall. 5 But I trust in your un-failing love; my heart rejoices in your salvation. 6 I will sing the Lord's praise, for he has been good to me."

**For further reading: Jeremiah 29:11**