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PRAYERS

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— *to overcome* —
ANXIETY & DEPRESSION



GERMAINE COPELAND

A Letter from Germaine

Dear Friend,

There they sit just outside my window. I recoil as two huge, ugly black birds stare at me. I recognize them well and even know their names. Yes, Depression and Anxiety are back, but this time I'm grateful they are outside. I'm inside, hidden in the Secret Place of the Most High.

The book you hold in your hand is written from my personal experience with fear, depression, anxiety, guilt, and so much more. Even though God delivered me supernaturally, I soon learned that deliverance is maintained by faith. My deliverance was real! It was the beginning of a new adventure in faith.

And now begins your journey in faith! If you read and meditate and pray through the following pages, you also will experience transformation from the inside out. No one else can walk your journey but you. But you will never be alone because your heavenly Father will never leave you comfortless. He will never leave you without support.

Depression was a quagmire where I lived for many years. In those days, there wasn't a name for it; today it would be called "clinical depression." Anxiety was just a word to me until one afternoon when I felt my entire being fly into a million pieces, and I realized I was experiencing my first panic attack. Growing up in a minister's home, I had learned how to pick myself up, dust myself off, and put on my happy face! Today, I call myself a recovering people-pleaser!

Ultimately, there were days of emotional agony so great that I contemplated taking my own life. It is my prayer that as you read about

my personal victory over mental disorders (page 216) and pray through the pages of this book, you will come to know God more intimately. I share about my tempestuous prayer experiences when I was learning to pray for our son who was in the lifestyle of addictions (page 121). Finally, to give hope to anyone who is thinking about suicide, I share about the day I had determined to end it all. But God!

These prayers were born from hardship that came to destroy me, and now I simply come along side you and share the powerful prayer therapy that increased my faith in the One who “understands humanity.”⁹

Depression, anxiety, and other mental disorders are psychological strongholds to keep you blinded from the truth. You have the power to demolish every lie of the enemy “and break through every arrogant attitude that is raised up in defiance of the true knowledge of God.”¹⁰ God gave you the power of choice! You can turn depression, anxiety, and other mental disorders into blessings! “Nothing determines your choices, or how you react to the circumstances of life, except you.”¹¹

It is true—there are no quick fixes, but there is help!

This book is filled with help—scriptural prayers forged out of a desire to stay off the dark road leading to anxiety and depression. On my journey to wholeness, I discovered that when I prayed the Scriptures, God would turn on a floodlight for me, and I could see the path ahead.¹² My talks with God turned into the prayer therapy that continues to sustain me in my daily walk.

9 Hebrews 4:15 TPT

10 2 Corinthians 10:5 TPT

11 *The Perfect You*, Dr. Caroline Leaf, pg. 43

12 Psalm 18:28

GUIDING YOU THROUGH THE BOOK

This book is written in **sections with topical headings** so you can quickly turn to the area of prayer you need. There you will find **powerful prayers** addressing both the problem and the solution.

When you first begin praying the following prayers, your feelings will not automatically change. Those old mindsets and familiar feelings will insist on hanging on! Nevertheless, I encourage you to **pray these prayers aloud** so you can hear your voice. These prayers will enhance any help you may be receiving from a health care provider.

From experience, I know that what we focus on will control our emotions and our behavior. When you focus on the prayers you most need at this time and pray them aloud, your spirit will absorb God's Word, which is being implanted within your nature, for the Word of Life has the power to continually deliver you. As you listen and respond to the scriptural prayers you are praying aloud, your mindsets that held you in dark places are being renewed to God's Word about you. The prayers become like poetry written and fulfilled by your life—yes, yours!¹³

At the end of each section of prayers, you will find a short praise. This will give you something to hold onto! Remember, praise stops and silences the avenger.¹⁴ **Keep these before your eyes by making these praises a vital part of your journey.** Copy them on Post-it notes or 3x5 cards and paste them around your house where you can see them. Mine were on my bathroom mirror, my refrigerator, my desk, and in my car. You can read them when you are stopped at a traffic light. Or record them on your phone and listen to them. This will help you keep God's Word before your eyes day and night.

Throughout the pages that follow, you will learn your **identity in Christ**, which will change how you believe, think, and feel about

¹³ James 1:21-22 TPT

¹⁴ Psalm 8

everything—including yourself. You will come to believe that you are here for such a time as this—at this moment in history. It is all by God’s design, and He has need of you and the grace gifts He has deposited in you before the world began.

Included in this book are **testimonies** from others who have been set free from various levels of fear, harassing thoughts and worry, anxiety, depression, guilt, and more. Their testimonies will give you hope and inspire you! My friend, what God has done for others, He will do for you!

So, join me on this prayer adventure, and let us walk together on the road to a brighter day! You can begin now by praying aloud: “For the Lord God is brighter than the brilliance of a sunrise! Wrapping himself around me like a shield, he is so generous with his gifts of grace and glory. Those who walk along his paths with integrity will never lack one thing they need, for he provides it all!” (Psalm 84:11 TPT).

Your partner in prayer,
Germaine

First Things First

THE first step toward peace of mind and freedom from fear, anxiety, and depression—and every other mental and emotional challenge—is to walk hand in hand with the author of Peace and Love Himself.

I invite you to pray this prayer aloud with me now. Every prayer you pray hereafter in the pages that follow will build upon it and with faith and patience will bring you into a place of sweet peace and liberty, which is the abundant and blessed life God has planned for you.

A PRAYER TO RECEIVE JESUS CHRIST AS LORD AND SAVIOR

Heavenly Father, it is written in Your Word that if I confess with my mouth that Jesus is Lord and believe in my heart that You have raised Him from the dead, I shall be saved. Therefore, Father, I confess that Jesus is my Lord. I make Him Lord of my life right now. I believe in my heart that You raised Jesus from the dead. I renounce my past life with Satan and close the door to any of his devices.

I thank You for forgiving me of all my sin. Jesus is my Lord, and I am a new creation. Old things have passed away; now all things become new. In Jesus' name, amen.

SCRIPTURE REFERENCES

John 3:16 • John 14:6 • John 6:37 • Romans 10:9-10 • John 10:10
Romans 10:13 • Romans 3:23 • Ephesians 2:1-10
2 Corinthians 5:17,19, 21 • John 16:8-9 • John 1:12 • Romans 5:8



Fear

There is no fear in love; but perfect love casts out fear, because fear involves torment. But he who fears has not been made perfect in love.

1 John 4:18 NKJV

The Comfort of Your Luxurious Love

JESUS, even though I feel afraid, I choose to acknowledge that You are my LORD! You are my best friend and my Shepherd, and I shall not want for I always have more than enough. When I am weary, You make me to lie down in lush, green pastures, beside the still waters. You offer me a resting place in Your luxurious love.

When I feel overwhelmed, You restore my soul and lead me in the paths of righteousness for Your name's sake. Your tracks take me to an oasis of peace, the quiet brook of bliss. That's where You restore me and revive my life. You lead me along in Your footsteps of righteousness. Each step I take is leading me higher, even though it may seem I am going in circles.

Though I walk through the valley of the shadow of death, I will fear no evil. Your rod and staff comfort me. Lord, even when Your path takes me through the valley of deepest darkness, fear will never conquer me, for You already have! You remain close to me and lead me through it all the way. Your authority is my strength and peace. The comfort of Your love takes away my fear. I'll never be lonely, for You are near.

Thank You for preparing a table before me in the presence of my enemies—depression and anxiety. You become my delicious feast even when my enemies dare to fight. You anoint me with the fragrance of Your Holy Spirit, You give me all I can drink of You until my heart overflows. So why would I fear the future?

You anoint my head with oil, and my cup runs over with blessings, peace, and joy. Surely, goodness and mercy shall pursue me all the days of my life, and I will dwell in the house of the LORD forever. It's all in the name of Jesus!

SCRIPTURE REFERENCES

Psalm 23 NKJV, TPT

Love Banishes Fear

FATHER, You have not given me the spirit of fear but a spirit of power, love, and a sound mind. I do not have to fight against fear because, God, You are Love. Love's perfection drives the fear of punishment far from our hearts. Love banishes fear! I submit to You, and the temptation to fear terrorists, biochemical warfare, wars and rumors of war, and every other ungodly thing runs from me. I submit to You, the God who is Love, and proclaim that depression and anxiety are far from me.

Love has no fear because perfect love expels all fear. I live in God, and God lives in me. This way, love has the run of the house and becomes at home and mature in me, so I'm free from fear and all its evil companions of worry, anxiety, depression, and torment of any kind. There is no room in love for fear.

I refuse to impair my immune system through disobedience, and I resist the temptation to fear, which is a sin. Today, I let go of my continued striving and invite Yeshua into my heart and place my identity in the fact that He has already taken me into His heart.¹⁵

In Jesus' name, I will not give up. I will wait patiently because I am entwined as one with the Lord. This is the victory that overcomes the world, even my faith, amen.

SCRIPTURE REFERENCES

2 Timothy 1:7 • 1 John 4:8, 18 NKJV, MSG, TPT
Psalm 27:14 TPT • 1 John 5:4

¹⁵ *The Way of Love*, Ted Dekker, pg. 32

Safety Is Ours

FATHER, I lift up my family and myself and pray a hedge of protection around us. I refuse to fear for our safety in any circumstance because You, Father, are a wall of fire around about us to keep us safe. You have sent Your angels to encamp around about us.

In the name of Jesus, I choose to demolish every deceptive fantasy that opposes You, my God, and I break through every arrogant attitude that is raised up in defiance of the true knowledge of God. Lord, You will keep us forever safe, out of the reach of the wicked. Even though they strut and prowl, tolerating and celebrating what is worthless and vile, You will still lift up those who are Yours!

I ask that You end the evil tactics of the wicked! Reward and prosper us for You are the righteous God, the soul searcher, who looks deep into every heart to examine the thoughts and motives. I ask You, Father, to be our wraparound presence, our protection, and our defense. Thank You for bringing safety, comfort, triumph to us as we reach out for You. In the name of Jesus. Amen.

SCRIPTURE REFERENCES

Job 1:10 • Zechariah 2:5 • Psalm 34:7 • Psalm 91:14-16
Psalm 91:1-2 • Psalm 7:9-10 • 2 Corinthians 10:5 TPT • Psalm 12:7-8 TPT

Pleading the Blood of Jesus

DEAR Father, I plead the precious blood of Jesus over myself, my loved ones, and my property. I particularly plead the blood of Jesus over the portals of my mind and emotions. How privileged I am to apply this precious commodity that cleanses from sin, protects from evil, and seals the new covenant in my behalf.

In the Old Testament when the blood of the Passover lamb was applied to the doorposts of an Israelite's home, evil literally passed them over. This blood was symbolic of the blood of Jesus that would one day be spilled in our behalf as Jesus hung on the cross.

Now, under our new covenant of better promises, where I apply the blood the enemy also cannot trespass. On the cross, Jesus shed his blood for our sins and then made quite a trip from the cross to the throne. With His own blood, Jesus entered the Most Holy Place once for all time and secured our redemption forever! Before He seated Himself at the right hand of the Father, He poured His precious blood for me on the mercy seat of heaven.

Now, this blood gains me access into the holy of holies. It cleanses! It protects! And it draws a bloodline of safety wherever I apply it. Thank You, Jesus! In Your name, I pray, amen.

SCRIPTURE REFERENCES

Exodus 12:7,13 • Leviticus 17:11 • Hebrews 9:6-14 NLT • Hebrews 10:19
Hebrews 13:20 AMPC • Colossians 1:20 • Ephesians 1:7
Revelation 12:11 TPT

Snatched from the Brink of Disaster

TRRAIN me, God, to walk straight so I may follow Your true path. Put me together, one heart and mind. Then, undivided, I'll worship You. From the bottom of my heart, I thank You, dear Lord. I've never kept secret what you're up to. You've always been great toward me—what love! You snatch me from the brink of disaster (fear and all its cohorts)!

Jehovah-God, the starting point for acquiring wisdom is to be consumed with awe as I worship. Wisdom will extend my life and make every year more fruitful than the one before. You are my Father, and I am Your child. I choose to listen to what You say and treasure Your commands. I tune my ears to wisdom and concentrate on understanding. I search for them as I would for silver, and I seek them like hidden treasures.

Then I will understand what it means to reverence You and gain knowledge of You. Thank You for granting me wisdom and a treasure of common sense. I choose to walk with integrity, and You are a shield to me. You have created faithfulness in my heart, and You guard my pathway. Thank You for giving me an understanding of what is right, just and fair, and showing me the right way to go. Wisdom has entered my heart and knowledge fills me with joy. Wise choices watch over me and understanding will keep me safe. Thank You for teaching me how to honor You. In Jesus' name, I pray, amen.

SCRIPTURE REFERENCES

Psalm 86:11-17 MSG • Psalm 86: 2:1-11 NLT

Lifted Up to Safety

FATHER-GOD, You strengthen my inner being by the promises of Your Word. I love Your clear-cut revelation. You're my place of quiet retreat; I wait for Your Word to renew me. Lift me up, and I will be safe. Empower me to live every moment in the light of Your ways.

Father-God, I waited patiently knowing You would come through for me. Then, at last, You bent down and listened to my cry. You stooped down to lift me out of danger from the desolate pit I was in, out of the muddy mess I had fallen into.

Now, I thank You for lifting me up into a firm, secure place. You steady me while I walk along Your ascending path. Every time I think about how You break through for me, I sing a new song. Ecstatic praise pours out of my mouth until everyone hears how God has set me free.

Many will see Your miracles. They will stand in awe of You and fall in love with You!

Father-God, I will not yield to fear, for You are always near. I choose to gaze upon You, for You are my faithful God. You infuse me with Your strength and help me in every situation. Thank You for holding me firmly with Your victorious right hand. You have shown me Your kindness and mercy when others oppose and oppress me all day long.

In the day that I am afraid, I lay all my fears before You and trust in You with all my heart. What harm can others bring to me? Father-God with You on my side, I will not be afraid of what comes. The roaring praises of God fill my heart, and I will always triumph as I trust Your promises. Jesus, You are my Lord. It's all in Your name, I pray, amen.

SCRIPTURE REFERENCES

Psalm 119:116 MSG, TPT • Psalm 40:3 TPT

Higher Ground

FATHER, in the name of Jesus, lift me up, and give me grace to trust You more. In these last days, I take my stand in the land of the living, and I will stand on holy ground. I will not be afraid because You will hide me in Your shelter in the day of trouble; You will conceal me under the cover of your tent. You will lift me high upon a rock, and my head shall be lifted up above my enemies.

I praise You with shouts of joy, singing, and making melody to You, my Lord and my God. “Lord, lift me up and let me stand, by faith on heaven’s table land, a higher plane than I have found. Lord, plant my feet on higher ground.”¹⁶

SCRIPTURE REFERENCES

Psalm 27

¹⁶ By Johnson Oatman: <https://zionlyrics.com/higher-ground>

Safe from Storms and Disasters

FATHER, we are grateful that not one word of Your Good promise has ever failed to come to pass (2 Kings 5:8). You are a loving Father who is good and faithful to Your children. My family and I are protected from every sort of evil in Jesus' name. We will not fear!

Earthquakes, famines, hurricanes, tornadoes, droughts, fires, tsunamis, floods, and more are the results of sin and its effects on a planet groaning and travailing under the “bondage of corruption” (Rom. 8:21-22). But You gave the earth to man and woman to govern (Ps. 115:16, Ps. 8:4-6, Gen. 1:26-28). Through Adam's disobedience, suffering and death were unleashed upon the human race. Natural disasters and weather patterns bring destruction to millions. But, Father, we know that You do not send them. Every gift from You is good and perfect!

We cannot control the events that transpire in this fallen world. We cannot declare there will be no more natural disasters or destructive weather. Your Word even predicts these events as we draw closer to the return of Jesus (Matt. 24:7a).

But we thank You that we can prevent natural disasters from coming to our homes and our properties. We can minimize their damage with our words. We can rebuke the wind and the waves and speak “peace be still” to storms just as Jesus did (Mark 4:37-41). We can speak just as Elijah did (James 5:17-18). And we can receive Your protection!

When floods roar like thunder and lift their pounding waves, we shout to You, our God. You are mightier than the violent raging of the seas, mightier than the breakers on the shore—You, Lord, are mightier than these!

You are a present help in time of trouble. You will never let me down, never walk off and leave me, so I boldly quote, “God is here, ready to help. I’m fearless no matter what. Who or what can get to me?” I pray this in the name of Jesus.

SCRIPTURE REFERENCES

1 Kings 8:56 • James 1:17 TPT • Romans 8:21-22 WEB
Psalm 93:3-4 NLT • Psalm 115:16 • Psalm 107:20 NKJV
Psalm 8:4-6 • Matthew 24:7 TPT • Genesis 1:26-28 • Mark 4:37-41
2 Corinthians 4:4 • James 5:17-18 • Hebrews 2:14 • Ephesians 2:6
Hebrews 13:5-6 MSG