



# Prayers Against DEPRESSION & SUICIDE

—by Dr Pearl Kupe

Three times in recent weeks the Spirit of the Lord has directed me to pray against the spirit of suicide and depression. I saw this spirit rising up as a principality and releasing its foul stench in the nations. In particular it is targeting the youth. The Spirit of the Lord led me to share this prayer to rebuke this very foul demonic spirit. Please feel free to share widely and freely as led, and share it especially with those who are battling depression and suicidal thoughts.

## DECLARATION 1:

Father God, Your Word in Psalm 34:18 says that You are close to the brokenhearted and that You save those who are crushed in spirit. I pray for Your comfort in this time. Help me to feel Your presence and love, and heal my wounded and crushed heart and spirit.

## DECLARATION 2:

Your word in Isaiah 41:10 says, *“do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”* I am trusting You my Father to strengthen and help me in my weak and vulnerable moments and to uplift me by Your righteous hand!

## DECLARATION 3:

I rebuke every dark thought that is trying to settle itself in my head. I refuse to embrace the spirit of death and I reject every feeling of hopelessness that is trying to overwhelm me. Like Your Word says in Philippians 2:8, I think on those things that are true, honest, just, and pure. I keep my mind focused on that which is lovely and those things that are of good report; those things that have virtue and carry praise.

## DECLARATION 4:

I stand and take authority against the spirit of premature death and declare that I shall live and not die. I shall dwell in the land of the living and live to declare the goodness and mercies of the Lord.

## DECLARATION 5:

I echo the words of the Psalmist in Psalm 30:10-12 and cry out and say, *“Hear, O Lord, and have mercy on me; Lord, be my helper!”* You have turned my mourning into dancing; You have put off my sackcloth and clothed me with gladness, to the end that my glory may sing praise to You and not be silent. O Lord my God, I will give thanks to You forever.

## DECLARATION 6:

I trust you Abba and I cast my cares on You, trusting that You will sustain me and will not let me be shaken. Your plans for me are plans to prosper me and not to harm me. They are the plans set out in Jeremiah 29:11 to give me hope and a future. I appropriate those plans in the Name of Yeshua.

## DECLARATION 7:

Christ You are my Hope of Glory. My Hope is in You, my trust is in You. Some may trust in horses and chariots, but as for me, I choose to trust in You and in Your ability to deliver and save me. In You I live and move and have my being. You are able to do exceedingly above and beyond my hopes and imaginations.

## DECLARATION 8:

The enemy comes to steal, kill, and destroy. I declare that he has no hold over my life and will not succeed in stealing, destroying, or killing me. I embrace Christ Yeshua who came that I might have life and have it more abundantly. I embrace life and hope and embrace it abundantly. I shall live to fulfil my redemptive and life purpose and to worship You oh God. My Father shall use the redemptive gifts in me to be a blessing to many. Neither my life nor my purpose shall be cut short. I have prayed this and will continue to pray this in the mighty Name of Yeshua Hamashiach, my Lord and Saviour! AMEN. ■

Scan this QR code for a digital version of these prayers.

