

# How to Pray in Times of Depression

by Basilea Schlink

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*Basilea Schlink encourages listeners to pray in times of depression, acknowledging their sinfulness and inner poverty, and trusting in God's promise to answer their prayers.*

**Duration:** 4:35

**Scripture:** Romans 8:26

**Topics:** "Radio Show"

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## Description

In this sermon by Basil Eashling, he addresses the common experience of depression and hopelessness that many people face. He acknowledges that sometimes we feel like our efforts are in vain and that we lack the strength or talents needed for our work. However, Eashling encourages listeners to turn to prayer during these times of despair, as it is through prayer that we can find relief from our despair. He emphasizes the importance of accepting our weaknesses and poverty, and rejoicing in them, as it is through our weaknesses that God can manifest His glory. Eashling concludes by urging listeners to pray for the strength to overcome despondency and to trust in God's promises.

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## Transcript

God lives and works today, but perhaps you don't feel that way because you're depressed about your sins. Maybe you feel so hopeless that you can't even pray. If so, then today's meditation by Basilea Schling can help you.

We are all acquainted with periods of depression. Sometimes we think that we are a hopeless case. All of our battles and efforts seem to be in vain.

Our fetters seem to bind us more and more tightly. Other times we've lost courage because we do not have any physical strength. Or we are on the verge of losing heart because we do not have the talents we need for our work.

Finally we come to the conclusion, I can't do it. It's all in vain. The next step, which is actually already present in our despair, is always defiance and rebellion against God.

Ultimately I am accusing Him of giving me such an unfortunate personality, of putting me into these circumstances, of withholding a talent from me, or of not giving me the strength which I need, and so on. Yes, despondency does not only make us unhappy, but it also leads us to sin. That is why we must pray

that we overcome it.

The first thing our prayer must contain is the dedication. That is, we must say yes to the fact that we are sinners. We must say yes to our inner poverty, to our inabilities and weakness.

Since each has been laid upon us by God, we must accept it. Let us begin to say with the Apostle Paul, I want to boast of my weakness. I want to rejoice that I am poor in my own righteousness, in strength, in physical attractiveness, in talents, in popularity.

And begin to thank Him, because now you will experience His glory, which He will manifest through your poverty and inability. O blessed, O blessed, the poor shall be! No wealth of men can ever claim so joyfully, so joyfully, but of the poor also His name, both now and in eternity. Therefore, times of depression should compel us to pray more than ever.

Only through prayer can the despair be taken from us. Let us praise God for His desire to glorify Himself through our weakness. Who prays in faith the vainest much? For God does yearn to answer such who cry for grace and mercy.

So he who prays with heart and soul to Him who made and ruled His God will find God wants to apply it. There, there was one who came to harm, who trusted in the Father's arm, that is His own true promise. He freely gives all things we need, from anxious fears we too are freed, for God loves all His children.

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