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Prayer Against Anxiety and Depression

Lord, when all is darkness and we feel our weakness and helplessness, give us the sense of your presence, your love, and your strength. Help us to have perfect trust in your protecting love. Bless us with your strengthening power so nothing may frighten or worry us. We trust that in living close to you, we shall see your hand, your purpose, your will through all things.

—*St. Ignatius of Loyola*



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