

MIDNIGHT MERCIES

Personal Scripture Reading & Devotion Plan



WEEK ONE

- Isaiah 42:16
- 2 Corinthians 1:8-10
- Psalm 55:1-7
- Psalm 103:8-14
- 1 Corinthians 6:19-20

WEEK TWO

- Hebrews 12:1-3
- Galatians 6:9-10
- Matthew 11:28-30
- Isaiah 40:28-31
- Isaiah 41:10

WEEK THREE

- Psalm 62:8
- Psalm 139:1-12
- John 16:20-22
- John 16:33
- Revelation 21:3-4

WEEK FOUR

- Ecclesiastes 7:14
- Romans 11:33-34
- Psalm 27:7-10
- Romans 8:15-18
- James 5:11

WEEK FIVE

- Matthew 6:19-21
- Jeremiah 17:5-8
- Lamentations 3:17-26
- 2 Corinthians 4:16-18
- Psalm 56:3

WEEK SIX

- Romans 5:3-6
- Romans 8:31-39
- Isaiah 43:1-4
- Psalm 27:10
- 1 Peter 2:9-10

WEEK SEVEN

- Psalm 142:1-5
- Lamentations 3:33
- Isaiah 54:4
- Psalm 13
- Psalm 131

WEEK EIGHT

- John 20:27
- Psalm 73:21-26
- Isaiah 63:9
- Deuteronomy 31:8
- Psalm 59:9-10

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Practicing Lament in Depression



Biblical lament is a faithful way to engage God in the midst of overwhelming emotion.

Practice building your own prayer of lament by completing the writing prompts below. If you need help finding words or phrases that articulate your pain and confusion, you can refer to the following chapters in the book of Psalms: 3, 4, 5, 7, 10, 13, 17, 22, 25, 26, 28, 31, 39, 42, 43, 54, 55, 56, 57, 59, 61, 64, 70, 71, 77, 86, 120, 141, and 142.

Lord, today I feel like...

I feel this way because...

My complaint is that...

I want to know...

According to your word, I'm asking you to...

Show me how to live with this pain, because right now I feel like...

But I know that you are...

You promise to...

Lord, I'm choosing to trust you with...

Please help my heart to rest as I wait for your will to unfold. In Jesus's name, Amen.

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Key Scripture Memorization



- Ps. 55:1-2** *Listen to my prayer, O God. Do not ignore my cry for help! Please listen and answer me, for I am overwhelmed by my troubles. (NLT)*
- Isa. 41:10** *Don't be afraid, for I am with you. Don't be discouraged, for I am your God. I will strengthen you and help you. I will hold you up with my victorious right hand. (NLT)*
- Ps. 62:8** *Trust in him at all times, you people; pour out your hearts to him, for God is our refuge. (NIV)*
- Jas. 5:11** *As you know, we count as blessed those who have persevered. You have heard of Job's perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy. (NIV)*
- Ps. 56:3** *But when I am afraid, I will put my trust in you. (NLT)*
- Isa. 54:4** *Do not be afraid; you will not be put to shame. Do not fear disgrace; you will not be humiliated. You will forget the shame of your youth and remember no more the reproach of your widowhood. (NIV)*
- Lam. 3:3** *Though he brings grief, he will show compassion, so great is his unfailing love. For he does not willingly bring affliction or grief to anyone. (NIV)*
- Isa. 42:16** *And I will lead the blind in a way that they do not know, in paths that they have not known I will guide them. I will turn the darkness before them into light, the rough places into level ground. These are the things I do, and I do not forsake them. (ESV)*

List Your Own: