

## Praying the Psalms and other Scripture

Sometimes we find that we can get in a rut with prayer and end up praying the same old things about the same old things!

- When we pray the Psalms (or other passages of Scripture) we allow the words of Scripture to become the words of our prayers.

So choose a Psalm.

- Begin by reading the first verse and talking to God about whatever comes to mind. For example using Psalm 23:1 *“The Lord is my shepherd, I lack nothing,”* we could pray something like:

*Lord thank you for being my shepherd and that you give me all that I need each day. I praise You for Your faithfulness and Your goodness. Would You shepherd my family today. Guide them, protect them and provide for them. Bring members of my family (you might name them) who don’t yet know You into the safety of Your sheepfold.*

- When nothing else comes to mind, move onto the next verse and talk to God again. For example using Psalm 23:2 *“He makes me lie down in green pastures, he leads me beside quiet waters,”* we could pray something like:

*I praise You that You give me times to rest and to feed upon Your Word. Help me learn how to be still so that I might hear Your voice speaking to me. Enable me to follow You closely and in the power of the Holy Spirit. For those in my family and church who are struggling with busyness, Lord please open up oases of time for them to come and sit at Your feet.*

- Keep going, praying one verse at a time until you finish the Psalm.
- Skip any verses you don’t understand and simply go on to the next verse.
- Using this way of praying we can pray for four minutes to four hours, and we can pray for every situation that we want to.

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