

A thick black L-shaped frame surrounds the text. The top-left corner is a horizontal bar extending to the right, then a vertical bar extending downwards. The bottom-right corner is a horizontal bar extending to the left, then a vertical bar extending upwards.

PRAYING THE BIBLE

Reinvigorate your Prayer Life
Learned from a Seminary Professor named
Don Whitney

Helps in 2 Ways

- Combats Boredom
- Guards from becoming Overwhelmed

Boredom

- What are the things we typically pray about?
 - *Family*
 - *Finances*
 - *Future*
 - *Work or School*
 - *Ministry or church*
 - *Periodic Crisis*

Boredom

- Those things are the same things we pray about because those things make up our lives
- We don't need to pray about new things, we need to pray in new ways or with new words.
- We get bored in prayer because we tend to say the same things every time and feel repetititive.
- Access to new words and ideas in Scripture

Boredom

■ Psalms are really helpful

- *They address every human emotion*
- *So we the express feelings and thoughts we can relate to*
- *Psalms are meant to be words directed to God. They were written with communion with God (relationship) in mind.*

The Process

- 1st Pick a Psalm to pray through:
 - *There are 150 psalms.*
 - *So, Begin with today's date*
 - *Skim read it*
 - *Add 30, skim that one, then skip count by 30 again and skim that one until you've skimmed 5*
 - *Looking for anything that grabs your attention that day.*

The Process

- For instance: If today is the 25th...
 - *Read the 25th Psalm – did it connect with you? If not...*
 - *Read the 55th Psalm – what about that one?*
 - *No, then 85; 115; 145*
 - *You're just skimming 5 psalms and looking for one to land on to pray through*

The Process

- Once you choose a psalm, then begin to pray through it phrase by phrase, or verse by verse, or even concept by concept.
- I think it's best if I just illustrate it for you...
 - *Pause this video and Get a copy of the scriptures and turn to Psalm 23. I really want you to do this along with me.*

The Process

- We're not going to worry too much about the meaning of the psalm or the context. This is not Bible Study...
- What we are doing is allowing the HS to use Scripture to prompt our thinking and prayer.
- We're looking to engage in communication with the Father through the leading of the Holy Spirit.
- Let me show you how this works

The Process

Illustrate the process by taking them through Psalm 23

If there is a phrase that brings nothing to mind, then move on to the next phrase or verse. The goal is not to have a prayer for every phrase but to connect with the Father

You may find that you have multiple prayers prompted by one verse or phrase.

Guarding against Getting Overwhelmed

- Sometimes when I get overwhelmed with all the needs around me, it paralyzes me and I just don't pray
- Praying through a Psalm focuses me and allows me to trust the HS to lead my time with the Lord.
- I trust him to bring up what to pray about and prompt my thinking by his word.

Guarding against Getting Overwhelmed

- When using scripture to guide my prayer, I'm not consumed in getting through a list of requests but I'm focused on listening to and connecting with God
- I just pray through the Psalm until I run out of psalm or out of time.

- I hope you'll try it this
- I think you will be encouraged with how your time in prayer takes on new life.