

Praying Through The Psalms

Have you ever considered allowing the Psalms to guide and inform the way you pray? Here is a helpful tool that lays out the framework so that you can build a foundation of praying through the Psalms in a prayer journal.

How to Pray Through the Psalms:

- Begin your prayer with thanksgiving and praise.
- Write in a verse or two from the Psalm.
- Make it your own. Allow the words of the Psalm to guide your prayer, sharing in the language and opening your heart to see and know God the way the Psalmist did.
- Continue in this way through the Psalm for as long as you feel led and focused. (The goal is not length, but the quality of time spent in prayer with God.)

A Few Helpful Tips:

- First, not everything you write in your prayers may be theologically and Biblically rock solid. This is one place to not be worried about that. Pray with your heart and allow God to transform your mind.
- Second, not every verse has to be used! In fact, it's okay if you feel the need to skip parts, such as Psalm 2 if the verses don't feel applicable for the season of life you're in. Maybe someday it will. Oh, and when the Psalmists talk about their enemies (which they do a lot) remember that we still have an enemy today, Satan, who is waging war against us. Pray for freedom and victory over our enemy, inspired by the way the Psalmists prayed against theirs.

Sample Journal Entry

7/1/2022

Dear God, thank you for all that you have given me. When I look around me and see all that you have created, I know that you are good.

Psalm 16:1-2 -

"Keep me safe, my God, for in you I take refuge. I say to the Lord, 'You are my Lord; apart from you, I have no good thing.'"

God, there are so many things in my life that keep me up at night, the safety of my children, the uneasiness of our government, and the unstableness of our economy. I ask you to keep me and my family safe. I choose to trust you and come to you for refuge because everything good in my life is from you ...

Often life's greatest battles are fought and won in the appeals of prayer. It's our prayer that God may lead you into the victory that has already been won.