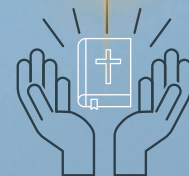


JULY
2023

Praying the Psalms

Year of Passionate Prayer

Psalms is a beloved prayer book of the Bible, and the subjects of an infinite number of books. What guidance does the Psalms offer?



The Psalms “teach us who we are. They uncover the state of our hearts ...They show us what we need.”

-Thomas M. Winger

INTRODUCTION

Beginning in Psalms Chapter 1, we find guidance to meditate on God, “Blessed is the one ... whose delight is in the law of the Lord, and who meditates on (God’s) law day and night.” How, then, shall we pray? What are the words we use to talk to God? The Psalms teach us guidance.

Dietrich Bonhoeffer said that, “Even those Psalms that do not address God a single time may be called prayers, for they serve to submerge us in God’s purpose and will.” The Psalms is like our prayer book because it addresses many emotions and needs. God gave the Psalms to all of us. David wrote many of the Psalms, filling each with praise, song and the desires of our hearts.

If the Psalms are our prayer book, how do we return these prayers to God? We know that specific words are not required to pray, but the Psalms do contain holy words for us to use. Below are examples of Psalms we can pray when we ask for help and to offer praise. We can pray the Psalms using one verse or even part of one. *The Psalms guide our conversations with God.*

PRACTICE & EXAMPLES

Over the next 31 days, we invite you to pray the Psalms; use a complete Psalm as a prayer or choose snippets of Psalms as brief breath prayers. We hope you’ll talk about your experiences with your small group and share feedback with the Discipleship Council. NOTE: All Scripture citations are from the New International Version (NIV) unless otherwise stated.

10 PSALMS WHEN THERE IS A NEED

(In addition to The Lord’s Prayer)

1. Save me, O God, for the waters have come up to my neck. | 69:1
2. Make haste to help me, LORD. | 38:22
3. Hear my prayer, LORD; let my cry for help come to You. | 102:1
4. You are my hiding place. | 32:7
5. The LORD is with me; I will not be afraid. | 118:6
6. My help comes from the LORD. | 121:2
7. He will cover (me) with His feathers. | 91:4
8. LORD, listen to my cry for mercy. | 86:6
9. Rescue me and deliver me. | 71:2
10. Hear, LORD, and be merciful to me. | 30:10

10 PSALMS FOR OFFERING PRAISE

(While going through your day)

1. I will give thanks to You, LORD, with all my heart. | 9:1
2. Your love, LORD, reaches to the Heavens, Your faithfulness to the skies. | 36:5
3. My mouth will speak in praise of the LORD. | 145:21
4. Praise the Lord, O, my soul! | 146:1
5. Lord, our Lord, how majestic is Your name. | 8:1
6. Sing to the LORD a new song, for He has done marvelous things; His right hand and His holy arm have worked salvation for Him. | 98:1
7. Praise the LORD, praise God. | 150:1
8. Come, let us sing for joy to the Lord. | 95:1
9. Praise be to the Lord for He has heard my cry for mercy. | 28:6
10. I will exalt You, my God and King; I will praise Your Name forever and ever. | 145:1

Three Questions

How do I form a monthly prayer experience call group?
How can I share my prayer experiences with the right Council?
Who can I ask about current or previous prayer practices?



One Answer

Email the Discipleship Council at discipleshp@spdl.org.

EXTENDED READING

Read Walter Brueggemann, “Praying the Psalms: Engaging Scripture and the Life of the Spirit,” 2nd ed. London: Cascade Books, 2007.