

Praying Scripture

Praying Scripture was a very common practice in the early centuries of the church and continues to be a great way to grow close to God and internalize His truths. The entire book of Psalms is a collection of prayers and songs that teaches us how to pray. The authors of the Psalms were not afraid to express their raw feelings of joy, anger, sadness, grief, gratitude or loneliness. When we pray the Psalms, and other passages from the Bible, we discover greater freedom to express our feelings to God in our own words.

There are no rules for praying Scripture. You can simply read passages to God, making the words your own. You can feel free to substitute your own name or the names of others, when appropriate. Here are a few passages and explanations for how to pray Scripture:

- **Psalm 139.** Psalm 139 is a prayer for God to examine our hearts and purify us from everything that doesn't honor God.
- **Psalm 51.** Psalm 51 is a passage that helps to give voice to our need to confess our sins and failures to God, something that God invites us to do at any time. As you pray Psalm 51 to God, bring to mind any sins and failures you wish to offer to God.
- **Psalm 7.** Psalm 7 is a prayer that we can offer to God whenever our hearts are longing for justice to be done. You can feel the raw emotion of the Psalmist in this prayer. As you pray this Psalm, bring to God any issues of injustice that are weighing on your heart and mind.
- **Numbers 6:24-26.** There are a few instances of blessing prayers in the Scriptures, but none are quite as well known as the blessing in Numbers 6:24-26. As you pray this prayer, replace the pronoun "you" with the names of those people in your life that you would like to pray a blessing over.
- **Ephesians 3:14-21.** In Ephesians 3:14-21, the Apostle Paul offers a prayer for the church in Ephesus. It is a prayer that you can pray over Northview Church, or over your small group or even your family. Similar to a prayer of blessing, this prayer expresses some specific requests about how you desire God to act on behalf of others. As you offer this prayer to God, bring your church, your small group and/or your family to mind.

These are just a few of the many passages that can be offered to God as prayers. Search the Scriptures to find others to pray.

To learn more about Praying Scripture, consider one of the following resources:

Praying the Bible by Donald Whitney

Praying God's Word by Beth Moore