

PRAYING THE BIBLE

How prayers in the Bible give us words to pray



What makes Prayer so Hard?

PRAYING THE BIBLE

1. WHY? Reasons and Benefits
2. WHAT? Prayers in the Bible
3. HOW? Ways to do it

WHY? Reasons and Benefits

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Why is it a good Idea?

- Helps us to Focus

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- Teaches us How & What to Pray
(when we don't find words)

Psalm 13

1 How long, O Lord? Will you forget me forever? How long will you hide your face from me? 2 How long must I take counsel in my soul and have sorrow in my heart all the day? How long shall my enemy be exalted over me?

3 Consider and answer me, O Lord my God; light up my eyes, lest I sleep the sleep of death, 4 lest my enemy say, "I have prevailed over him," lest my foes rejoice because I am shaken.

5 But I have trusted in your steadfast love; my heart shall rejoice in your salvation. 6 I will sing to the Lord, because he has dealt bountifully with me.

WHY? Reasons and Benefits

Why is it a good Idea?

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- Teaches us How & What to Pray
(when we don't find words)
- Inspired by God (to be prayed)

"I have learned to...**season my prayers with the word of God**. It's a way of talking to God in his language – speaking his dialect, using his vernacular, employing his idioms...This is not a matter simply of divine vocabulary. It's a matter of power. When we bring God's word directly into our praying, we are bringing God's power into our praying. Hebrews 4:12 declares, "For the word of God is living and active. Sharper than any double-edged sword." God's word is living, and so it infuses our prayers with life and vitality. God's word is also active, injecting energy and power into our prayer."



— Joni Eareckson
Tada

WHY? Reasons and Benefits

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- Spiritual Formation

“I suggested that what worshippers say in prayer ought to have profound effect on them because these words are addressed to God, who can evaluate their sincerity and worthiness. If we praise a certain type of behavior in our prayers, we are telling God that this is how we intend to behave. On the other hand, if in prayer denounce certain acts and pray for God to punish them, we are in effect inviting God to judge us if we do the same. This makes the ethics of liturgy uniquely powerful.”

— Wenham, *Psalms as Thora* 57

Psalm 34

I will bless the Lord at all times (v.1)... Oh, taste and see that the Lord is good! (v.8) (...) **11**Come, O children, listen to me; I will teach you the fear of the Lord. **12**What man is there who desires life and loves many days, that he may see good? **13**Keep your tongue from evil and your lips from speaking deceit. **14**Turn away from evil and do good; seek peace and pursue it.”

Psalm 10: 17-18

O Lord, you hear the desire of the afflicted; you will strengthen their heart; you will incline your ear **18**to do justice to the fatherless and the oppressed, so that man who is of the earth may strike terror no more.

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- Practice in the Bible

Early Church - Acts 4:24-31

“Sovereign Lord, who made the heaven and the earth and the sea and everything in them, **25** who through the mouth of our father David, your servant, said by the Holy Spirit, “**Why did the Gentiles rage, and the peoples plot in vain? 26 The kings of the earth set themselves, and the rulers were gathered together, against the Lord and against his Anointed’— 27** for truly in this city there were gathered together against your holy servant Jesus, whom you anointed, both Herod and Pontius Pilate, along with the Gentiles and the peoples of Israel, **28** to do whatever your hand and your plan had predestined to take place.

29 And now, Lord, look upon their threats and grant to your servants to continue to speak your word with all boldness, 30 while you stretch out your hand to heal, and signs and wonders are performed through the name of your holy servant Jesus."

31 And when they had prayed, the place in which they were gathered together was shaken, and they were all filled with the Holy Spirit and continued to speak the word of God with boldness.

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- Jesus did it

Gospels

Psalms

Matthew 27:46

vs.1 My God, my God, why have you forsaken me?

Matthew 27:28-31

vv. 6-7 ...all who see me **mock** me, they hurl **insults**, shaking their heads

Matthew 27:43

vs.8 He trusts in the LORD...let him **deliver** him, since he delights in him

John 19:28-30

vs.14-15 ...my strength is **dried up**...my tongue sticks to my jaws...

Mark 15
John 19:23-24

vs.16-18 ...they have **pierced** my hands and my feet...They **divided** my garments among them and **cast lots** for my clothing

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- Practice in the Bible
- Jesus did it
- Many godly men and women prayed like this

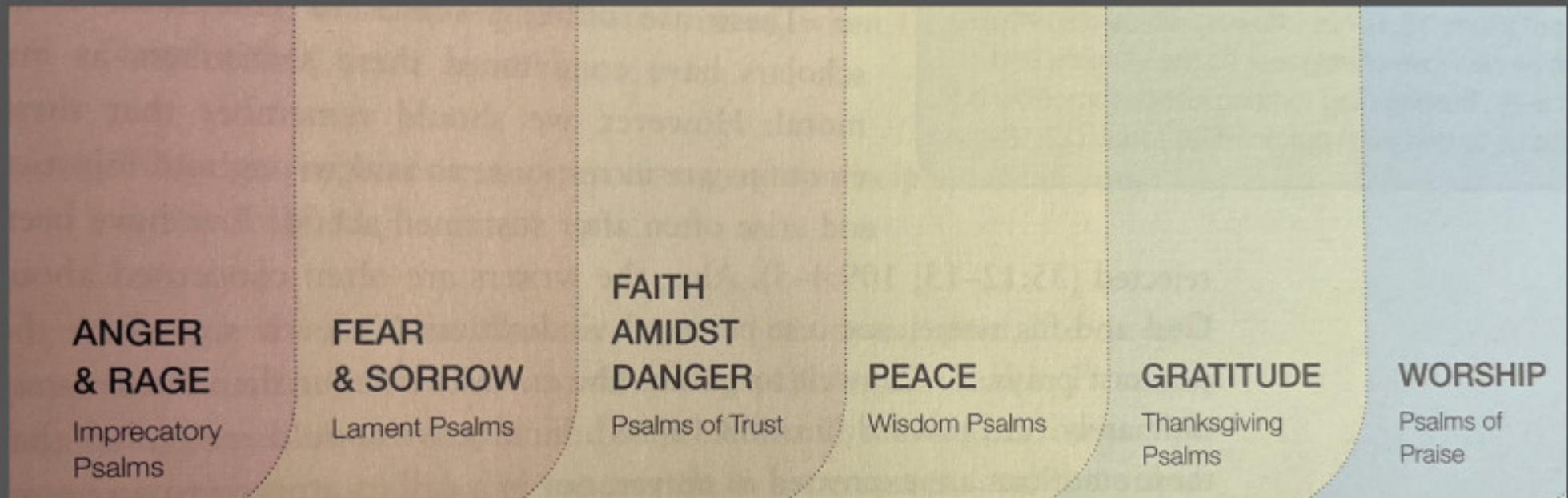


WHAT? Prayers in the Bible

- Prayerbook of the Bible with 150 prayers
- **Wenham:** *"they are designed to be prayed"*
- God has given us the Psalms to sing and to pray (Col 3:16)
- Different genres, themes and emotions: **Thanksgiving & Praise** (Ps.100), **Kingly**(Ps.110), **Wisdom** (Ps.1), **Lament** (Ps.13), etc.

- **Athansius** *“Whatever your particular need or trouble, from this same book you can select a form of word to fit it. So that you not merely hear and then pass on, but learn the way to remedy your ill.”* (letter to Marcellinus)
- **Bonhoeffer** : *“The Psalms are given us to this end, that we may learn to pray them in the name of Jesus.”* (Psalmen. Das Gebetsbuch der Bibel)

Emotions in the Psalms



Negative Emotions

Positive Emotions

Other prayers in the Old Testament

- Song of Hannah (1 Sam. 2:1-10)
- David's song of deliverance (2 Sam. 22:2-51)
- Daniel's confession of sin (Daniel 9:4-19)

The Lord's Prayer

"And should we so flippantly despise such might, benefit, power, and fruit -especially we who want to be pastors and preachers? If so, we deserve not only to be given no food to eat, but also to have the dogs set upon us and to be pelted with horse manure."

—Luther, *Preface to the Larger Catechism*

"For the Lord's Prayer is not so much a command as an invitation: an invitation to share in the prayer-life of Jesus himself."

—Wright, *Into God's Presence: Prayer in the NT*

The Lord's Prayer

GLORY

Our Father in heaven,
hallowed be your name. Your
kingdom come, your will be
done on earth as it is in heaven

GIFT

Give us this day our daily
bread

GRACE

Forgive us our sins as we
forgive those who sin
against us

GUIDANCE

Lead us not into temptation
but deliver us from evil.

GLORY

For the kingdom, the power
and the glory are yours now
and forever. Amen

The Lord's Prayer

GLORY	Our Father in heaven, hallowed be your name. Your kingdom come, your will be done on earth as it is in heaven	Father, my deep desire is for your glory to be known. You are amazing and your desire is to make your name known and that is exactly what I am asking for. Reveal your self in my neighborhood, my workplace, my city, Germany and in the whole world.
GIFT	Give us this day our daily bread	I pray for your gifts, for provision, for my needs today. For food, finances, health, help emotionally, intellectually. You are the giver of all good gifts and I pray that you heal my sister, who has been sick for a while. I pray that you heal the marriage of Fred.
GRACE	Forgive us our sins as we forgive those who sin against us	I confess that my motives yesterday after church were very selfish. Instead of helping, I snuck out pretending that i was busy. Lord forgive my anger toward my child and parents. For the sake of Christ's cross I ask for your Grace.
GUIDANCE	Lead us not into temptation but deliver us from evil.	Lord, it's been challenging making a decision about the future. Should I keep studying or should I take a job at that company or even go to the missions field. Give me wisdom.
GLORY	For the kingdom, the power and the glory are yours now and forever. Amen	In all of that, I want your name to be glorified. I pray that your kingdom will be greater then anything else in my life. I ask these things in the wonderful name of Jesus, my Lord and savior.

Other prayers of Jesus

- In God's presence (Matthew 11:25-30)
- Glorify the Son (John 17:1-8)
- Jesus prays for his people (John 17:9-19)
- Prayer for Unity (John 17:20-26)
- Matthew 26: 36-46

Paul's Prayers

- Rom. 15:14-33: Praying for Ministry
- Eph. 1:15-23: Prayer for Wisdom
- Eph. 3:14-21: Prayer for Strength
- Phil. 1:3-11: Prayer for Ministry partners
- Col. 1:9-14: Prayer to know God's will
- 1 Thess 3:9-13: Prayer to see loved people again
- 2 Thess. 2:11-12: Prayer for godliness

Colossians 1:9-12

For this reason, since the day we heard about you, we have not stopped praying for you and asking God to fill you with the knowledge of his will through all spiritual wisdom and understanding. And we pray this in order that you may live a life worthy of the Lord and may please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and joyfully giving thanks to the Father, who has qualified you to share in the inheritance of the saints in the kingdom of light.

God, fill Bob and Lisa with the knowledge of your will through all spiritual wisdom and understanding.

And **I** pray this in order that they may live a life worthy of the Lord and may please **you** in every way:

“bearing fruit in every good work, growing in the knowledge of **you**, being strengthened with all power according to **your** glorious might so that **they** may have great endurance and patience, and joyfully giving thanks to the Father, who has qualified them to share in the inheritance of the saints in the kingdom of light.”

God, fill Bob and Lisa with the knowledge of your will through all spiritual wisdom and understanding.

I pray that they are disciplined in their personal bible study, that they are willing to soak in your word on Sundays and keep attending small group to grow in their knowledge of you.

And I pray this in order that they may live a life worthy of the Lord and may please **you** in every way:

Lord, I thank you for all the progress I have seen in their sanctification. Bob is fighting sexual sin in his life radically and Lisa took so many steps to make sure that she is not harming other people with her excessive gossip. I pray for them that they keep pushing towards pleasing you more and more.

“bearing fruit in every good work, growing in the knowledge of **you**, being strengthened with all power according to **your** glorious might so that **they** may have great endurance and patience, and joyfully giving thanks to the Father, who has qualified them to share in the inheritance of the saints in the kingdom of light.”

Lord, I want to see fruit in Bob and Lisa's life. More reflecting you, more zeal in evangelism and service. Lord, I also pray that you strengthen them in this challenging season after the death of their friend. You are glorious, you have all might and you drew them to yourself. Show them that you are their faithful father and keep them close to you and protect them and guide them, so that they will praise you. Amen

Other Letters

- Jude 1:1-24



HOW? Ways to do it

HOW? Ways to do it

Just do it

- Read 1-2 verses & pray them (e.g. Adoration/Confession/ Thanksgiving/ Supplication)
- Apply it to your life & lives of others (circumstances, fears, sin, help, guidance, etc.)
- Apply it to Christ & how he changes the reality of it
- Don't try to solve every exegetical problem

HOW? Ways to do it

Exercise (3-5min)

Pick a Prayer and pray through it.

Psalm 23,121 or the Lord's prayer.

Feel free to do it in whatever language God
would most likely listen to

HOW? Ways to do it

Some practical ideas:

1. Get a small Bible (or a BibleApp)
2. Get a prayer journal or a journaling Bible
3. Plan it (e.g. one Psalm a day)
4. Do it with others (e.g. family dinner, church)
5. Memorize prayers

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6
Psalms 1 31 61 91 121	Psalms 2 32 62 92 122	Psalms 3 33 63 93 123	Psalms 4 34 64 94 124	Psalms 5 35 65 95 125	Psalms 6 36 66 96 126
DAY 7	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12
Psalms 7 37 67 97 127	Psalms 8 38 68 98 128	Psalms 9 39 69 99 129	Psalms 10 40 70 100 130	Psalms 11 41 71 101 131	Psalms 12 42 72 102 132
DAY 13	DAY 14			DAY 15	DAY 16
Psalms 13 43 73 103 133	Psalms 14 44 74 104 134			Psalms 15 45 75 105 135	Psalms 16 46 76 106 136
DAY 17	DAY 18			DAY 19	DAY 20
Psalms 17 47 77 107 137	Psalms 18 48 78 108 138			Psalms 19 49 79 109 139	Psalms 20 50 80 110 140
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26
Psalms 21 51 81 111 141	Psalms 22 52 82 112 142	Psalms 23 53 83 113 143	Psalms 24 54 84 114 144	Psalms 25 55 85 115 145	Psalms 26 56 86 116 146
DAY 27	DAY 28	DAY 29	DAY 30	DAY 31	
Psalms 27 57 87 117 147	Psalms 28 58 88 118 148	Psalms 29 59 89 119 149	Psalms 30 60 90 120 150	Psalms 119	

Don Whitney,
Praying the Psalms

Helpful Resources

- Donald Whitney, *Praying the Bible*
- Tim Keller, *The Songs of Jesus: A Year of Daily Devotions in the Psalms*
- Don Carson, *A Call to Spiritual Reformation: Priorities From Paul And His Prayers*
- Bonhoeffer, *Psalms. The Prayer Book of the Bible*
- ESV Illuminated Scripture Journal: *Psalms*