

# PRAYER | WEEK 3

Week three will focus on worship-based praying. Simply put, this is praying from the Bible. This is the answer to the question, "What do I say when I pray?" With the Bible as your basis for prayer, you will always pray well, and you will always have words to say.

Try this for example: Find a quiet place and open your Bible to Psalm 100. Pray for God's help to pray this psalm. Read it through five times. Then read verse one as a prayer: "Lord, I want to make a joyful noise to you just as all the earth does!" Then verse two, and so on, through verse five. Now, record what thoughts and actions came to your mind as you prayed this psalm back to God.

*Reflections on praying Psalm 100:* \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

The Bible is a prayer book. Think of it: even if you only used the book of Psalms, how long could you go in prayer covering every aspect and facet of life?

Now that you have tried Psalm 100, what will be your next Psalm? It does not have to be an entire Psalm; five or so verses may be ideal for you.

*The next Psalm I will pray is:* \_\_\_\_\_  
\_\_\_\_\_

The challenge is to do this every day this week with a different part of a Psalm.

## **Tip | Add the Psalm to your prayer journal**

As you record your thoughts on prayer in 2–3 sentences, write down which Psalm you prayed. After a while you will be able to go back to see the pattern of Psalms and prayers that God used to bring you closer to His ideal conversations with you.

**Tip** | In your journal, write one thing that God said to you from His Word

Prayer is a two-way conversation. You have to experience this for yourself! It is an amazing thing to have the eternal God of the universe talk to you through His word. You—personally—by name. Isaiah 43:1 says, “I have called you by name, you are mine.”