

# Praying Scripture Guide

From the days of the early church until now, Christians have been praying Scripture. Praying Scripture is a soul training exercise that allows the Holy Spirit to shape us through the Word of God. Our hearts are transformed as we allow God to deepen our experience with Him through prayer. Try these simple steps:

## Select a Short Passage of Scripture

The Psalms, the teachings of Jesus, or a portion of a New Testament letter are all good choices. We have selected a few to share throughout this guide.

## Prepare Yourself

Choose a time when you do not expect to be interrupted and find a comfortable place to sit and relax. Invite God's presence and set aside distractions.

## Peruse the Passage

Read the passage you have chosen slowly and thoughtfully. After you have read the passage, remain silent for a minute or two.

## Paraphrase the Passage

Take the Scriptural prayer and put it in your own words. Carefully think through each phrase and word it the way you would say it.

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

*Give us today our daily bread.*

*And forgive us our debts,  
as we also have forgiven  
our debtors.*

*And lead us not  
into temptation,  
but deliver us  
from the evil one.*

MATTHEW 6:9-13

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## Personalize the Passage

Next, make the scriptural prayer personal to you and those you pray for. For instance, replace the personal pronouns with your name or the names of others you are praying for.

## Pray your Prayer

Now, personally approach the throne of God and express your heartfelt prayer to the LORD.

## Praise the Lord

Give God praise and thanks for being attentive to your prayer and for His response to your worshipful prayers.

## Pause

Linger in the Presence of your LORD and just enjoy His love and grace.

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*Heal me, Lord,  
and I will be healed;  
save me  
and I will be saved,  
for you are the one  
I praise.*

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JEREMIAH 17:14

## Here are some scriptural prayers to develop this soul training practice:

**Ephesians 1:17-18:** I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit[ of wisdom and revelation, so that you may know him better. I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people

**Psalms 23:** The LORD is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right path for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

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*I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ.*

EPHESIANS 3:16-18

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done what is evil in your sight; Create in me a pure heart, O God, and renew a steadfast spirit within me. Do not cast me from your presence or take your Holy Spirit from me. Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.

**Psalms 61:1-3:** Hear my cry, O God, listen to my prayer; from the end of the earth I call to you when my heart is faint. Lead me to the rock that is higher than I, for you have been my refuge, a strong tower against the enemy.

**1 Chronicles 4:10:** Jabez cried out to the God of Israel, 'Oh, that you would bless me and enlarge my territory! Let your hand be with me, and keep me from harm so that I will be free from pain.

**Lamentations 3:55-56:** I called on your name, Lord, from the depths of the pit. You heard my plea: "Do not close your ear to my cry for relief.

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*You make known to me the path of life; you will fill me with joy in your presence, with eternal pleasures at your right hand.*

PSALM 16:11

**Psalms 5:1-3:** Listen to my words, LORD, consider my lament. Hear my cry for help, my King and my God, for to you I pray. In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly.

**Psalms 8:3-4:** When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is mankind that you are mindful of them, human beings that you care for them?

**Psalms 51:1-4,10-12:** Have mercy on me, O God, according to your unfailing love; according to your great compassion blot out my transgressions. Wash away all my iniquity and cleanse me from my sin. For I know my transgressions, and my sin is always before me. Against you, you only, have I sinned and

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*You are worthy, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they were created and have their being.*

REVELATION 4:11