

PRAYING THE PSALMS

1. READ: Pick a Psalm you want to pray through. Slowly read it from your preferred translation of the Bible. It is helpful to read it more than once.
2. REVERENCE: With your Bible open in front of you, ask: Who are you, Lord? What have you revealed about Yourself in this section of Scripture? How do I honor You?
 - a. Take a few moments to praise and thank Him for who He is.
3. RESPONSE: Ask the Lord: Given what these verses say about You, how do You want me to respond to You today?
 - a. This might lead you to a time of confession and repentance, surrender, or declaration of trust in Him.
4. REQUEST: As you move into a time of asking, allow the verses you are considering to guide your requests in connection with your situation.
 - a. This is an opportunity to align your heart with His purposes, asking God for His help and His outcomes in your life.