

HOW TO PRAY

the Psalms



HOW TO TURN PRAYER INTO
A CONVERSATION WITH GOD

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Welcome to How to Pray the Psalms, from New Start Discipleship!!

This study is all about learning to pray with the Bible's own inspired prayer and song book, the Psalms.

Here's the foundational truth of this study: **God has given us a way to learn to speak TO Him and ABOUT Him.**

The Book of Psalms is that way. It's 150 songs (that's what psalm means) that were written over hundreds of years to help us learn what God is like, to stretch our language about Him.

Think about this: When you're praying, have you ever felt like you were stuck in a rut? Or that you were saying the same basic things over and over? ("Thanks for your blessings. Help me to have a good day. Help Mom and grandma. Amen.")

If so, this study will help you find a NEW way of experiencing God's presence.

Two of the foundational habits of your walk with God should be:

- Your reading of Scripture
- Your talking to God in prayer

Here's what Praying the Psalms does: It reimagines these 2 things as *JUST ONE THING*. It turns the bible and prayer into a 2-way conversation with God instead of being 2 totally unrelated things.

Have you ever had a conversation with someone who was talking about something totally different than you were? You wanted to talk about one thing, and they were just itching for the chance to talk about something totally different? That's a weird, frustrating experience.

A much better experience is when your friend talks to you about whatever you just said, then moves on to talk about what they're interested in.

Praying the Psalms helps you *talk back to God about what he just talked to you about.*



Why Praying the Scripture is Important

Praying the Scripture is one of the most helpful prayer practices you'll ever find. Here's why:

- *It keeps prayer fresh, instead of being the same each time.*
- *It helps us ask new things of God, instead of just what we can think of, or what we want today.*
- *You can always be sure you're praying God's ideas, not yours.*
- *It shapes our thinking, conforming it to God's thoughts while we pray.*
- *It treats the Bible and prayer as a 2-way conversation, instead of 1-way.*

Praying the Psalms is a practice that takes a few minutes to learn, and a few days to feel comfortable, but then yields benefits for years.

How to pray the Psalms

Praying the Psalms involves:

- *Reading a verse of Scripture*
- *Asking "what can I praise God for / confess / ask God from this verse?"*
- *Then doing it.*

Simple, right? It takes some practice to feel natural, but you'll be doing it in no time, if you'll simply get started. I recommend beginning "Scripture-fed, Spirit-led" prayer practice in the Psalms, because it's literally why God wrote it!

This 21-day prayer Guide is based on the A.C.T.S. prayer structure. That stands for:

- Adoration – praising God for who He is.
- Confession – admitting weaknesses and repenting of sin.
- Thanksgiving – thanking God for what he's done and will do
- Supplication – asking God for what is needed in your life



Here's what you'll find on each day of this journey when you scan the QR codes or type the URLs:

- A brief prayer for illumination, to get your heart ready to hear God
- The Psalm of the Day, with links to read it or listen
- Some good directions about how to do ACTS with that Psalm.
- A daily video giving you a chance to pray over that day's Psalm, with quiet music behind it.
- A key quote about the Psalms from Christian history
- Links to other helpful resources you might need
- A daily hymn that goes along with the theme of the Psalm.
- A daily journal space to write down your thoughts, things you're thankful for, prayer needs, or questions.

To give you an example: You can use your phone to scan this QR code, which will take you straight to an intro video to this book:

Or you can type in your browser, for example:

www.newstartdiscipleship.com/ps-intro

How the daily Psalms Videos are structured:

Each daily prayer video is structured like this:

- 10 seconds to read 1-2 verses
- 20 seconds to pray over those verses

Just like that, it goes back and forth until you complete the Psalm of the day. You can use this for adoration time, or confession or any of the other segments if you wish.

A Big Success Hint

You need a mentor. Christianity is a *team sport*. It's not a solo event. There's just no place for a Lone Ranger style Christian life, where you single-handedly face every challenge and conquer every problem.



The truth is that if you want to succeed as a Christian, you need others who will walk with you. A mentor is someone more experienced and further along in their Christian walk than you are, who can be a voice of advice and encouragement as you walk with Jesus.

It could be a pastor, or someone at a local church. I'd encourage you to do this:

- ☒ Contact someone and ask if they would be a mentor for you.
- ☒ Ask if you can contact them regularly with questions about your faith.
- ☒ Set yourself a reminder or alarm on your phone, so being in contact with other Christians can become a habit.

This is so important, that you'll see regular reminders in the daily journal pages to contact your mentor... or to get one if you haven't already!

What if I don't have a habit of prayer & Bible in my life?

It's not too late to start one! Here's how:

How to Start a New Quiet Time Habit

Decide when: I'd recommend mornings, but sometimes lunch break or your commute, or just before bed works better for some people. Find a time slot that attaches to something you already do... maybe head for work 15 minutes early, and sit in the parking lot for your quiet time, or

Decide where: Distraction is the enemy of quiet time with God. You'll need a place that's relatively free from interruption & distraction. Shut off the TV or radio, put your phone on silent, take a deep breath, and prepare to just be with God.

Gather what you'll need: I'd recommend an NIV or ESV Study Bible (or something similar), a good pen, and this notebook.



Decide How: I'd encourage you to get alone, take a deep breath, smile, and say "Thanks, God for this chance to meet with You. Use Your Word to speak to me today. I'm ready to listen." Then, just dive in.

If you'll do this same habit daily, here's what you'll discover:

- ☒ It might be tough at first. Maybe you won't be sure what to say when you pray, or a Scripture won't make sense. That's OK. Just focus on what you *do* understand. It will get easier.
- ☒ It will grow your spiritual life and change you – sometimes slowly, sometimes quickly.
- ☒ You'll get the most out of it, if you actually *use* the tool. Write down something, even if it seems simple or basic.
- ☒ You're building new habits, some new superhighways in your brain for new thoughts about God to travel on. Enjoy!

I look forward to hearing how God's working in your life!

Here's my contact info:



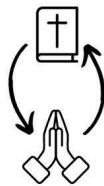
DAY 1

Psalm of the Day: Psalm 1

Using the ACTS model of Adoration, Confession, Thanksgiving, and Supplication, read through Psalm 1 and then pray the following:

Adoration: *Look for anything that Psalm 1 tells you what God is like or points to His character; then give Him praise for that! (Scan the QR code for a video and a list of ideas!)*

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newstartdiscipleship.com/ps1

Confession Prayer: *As you acknowledge who God is and adore Him for all that He is, confession is a natural consequence. This is a moment of introspection as you ask God to search your heart for areas that displease Him.*

Thanksgiving: *This is a time to express gratitude for what God has done and for who He is. Allow the Scripture you have read to feed your thanksgiving.*

Supplication: *Pray for yourself and others that you will be able to put into practice what you have read and heard.*

Mentor Moment: *Text a friend or mentor and tell them you're starting this Bible study. (Don't have a mentor? Read the introduction, then go get one!)*



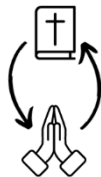
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DAY 2

HOW TO PRAY *the Psalms*

Psalm of the Day: Psalm 2

Adoration: Watch for anything that tells you what God is like or points to His character; then give Him praise for that!



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Confession Prayer: Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.

Thanksgiving: Express your gratitude for what God has told you in this Psalm about His work and character.

Supplication: Pray for yourself and others for strength to put into practice what you have read and heard.

Mentor Moment: Pick a verse from today's Psalm that you don't understand, and ask your mentor if they can help!



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DAY 3

HOW TO PRAY *the Psalms*

Psalm of the Day: Psalm 3

Adoration: *What does this Psalm teach you about God's character? Give Him praise for that!*



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Confession Prayer: *Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *Pick a verse from today's Psalm to text your mentor and encourage them. "Encourage one another and build each other up." (1 Thes. 5:11)*



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DAY 4

Psalm of the Day: Psalm 4

Adoration: *What does Psalm 4 teach you about some part of God's character?*

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newstartdiscipleship.com/ps4

Confession Prayer: *Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *Pick a characteristic of God from this Psalm that is most encouraging to you, and text it to your mentor!*



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DAY 5

HOW TO PRAY *the Psalms*

Psalm of the Day: Psalm 5

Adoration: *What does this Psalm teach you about God's character? Praise Him for being that kind of God!*



newstartdiscipleship.com/ps5

Confession Prayer: *Confession is humbling yourself based on what you have seen of God. Ask God to search your heart for areas where you can grow.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *How can you pray for yourself and others for strength to put into practice what you have read and heard?*

Mentor Moment: *Pick a verse from today's Psalm to text a friend from your church (who's not your mentor) to encourage them.*



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DAY 6

Psalm of the Day: Psalm 8

Adoration: *What stood out to you today about God's character? How can you praise Him for it?*

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newstartdiscipleship.com/ps8

Confession Prayer: *Confession is humbling yourself based on a vision of who God is and what he requires. What did you see in Psalm 8 that would lead you to confess to Him?*

Thanksgiving: *Express your gratitude for what God has told you in Psalm 8 about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *Pick a verse from today's psalm that makes you amazed at God... text someone in your circle of friends and tell them "Thought I'd share something about God that encouraged me today!" (This is thinking about BEING a mentor, not just having one!)*



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DAY 7

HOW TO PRAY *the Psalms*



newstartdiscipleship.com/ps13

Psalm of the Day: Psalm 13

Adoration: *What does Psalm 13 teach you about God's character? Give Him praise for that!*

Confession Prayer: *Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *Choose a verse from today's Psalm that is meaningful to you, write it on a card and tape it to your mirror or pin it to your car's visor. Take a moment and say it to yourself daily for the next few days. Take a photo of it, and share it on social media to encourage others.*



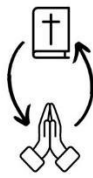
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DAY 8

HOW TO PRAY *the Psalms*

Psalm of the Day: Psalm 16

Adoration: *What does Psalm 13 teach you about God's character? Give Him praise for that!*



newstartdiscipleship.com/ps16

Confession Prayer: *Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *Pick a verse from today's Psalm that you don't understand, and ask your mentor if they can help!*



DAY 9

Psalm of the Day: Psalm 18

Adoration: *What does Psalm 18 teach you about God's character? Give Him praise for that!*

HOW TO PRAY *the Psalms*



newstartdiscipleship.com/ps18

Confession Prayer: *Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *Pick a characteristic of God from this Psalm that is most encouraging to you, and text it to your mentor! Tell them "Here's why I can make it today!"*



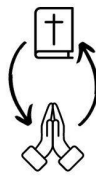
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DAY 10

HOW TO PRAY *the Psalms*

Psalm of the Day: Psalm 19

Adoration: *What does Psalm 19 teach you about God's character? Give Him praise for that!*



newstartdiscipleship.com/ps19

Confession Prayer: *Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *Text your mentor something you're praying about and pair it with something that God showed you about himself today.*

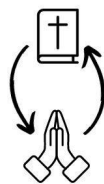


DAY 11

Psalm of the Day: Psalm 25

Adoration: *What does Psalm 25 teach you about God's character? Give Him praise for that!*

HOW TO PRAY *the Psalms*



newstartdiscipleship.com/ps25

Confession Prayer: *Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *Text your mentor about anything that you've needed to confess to God during the last couple weeks. Confession to God is great, and needed, but confession to another brother/sister is vital for healing. (See James 5:16)*



DAY 12

Psalm of the Day: Psalm 30

Adoration: *What does Psalm 30 teach you about God's character? Give Him praise for that!*

HOW TO PRAY *the Psalms*



newstartdiscipleship.com/ps30

Confession Prayer: *Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *Text your mentor and admit an area of your life that you tend to trust your own self-sufficiency (like David in Psalm 30:6.) Ask for prayer about that.*

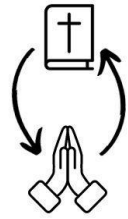


DAY 13

Psalm of the Day: Psalm 34

Adoration: *What does Psalm 34 teach you about God's character? Give Him praise for that!*

HOW TO PRAY *the Psalms*



newstartdiscipleship.com/ps34

Confession Prayer: *Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *Praising God is a choice, even when we don't feel like it. "I WILL bless the Lord at all times..." (Psalm 34:1) Text someone you love, and say, "I'm choosing to praise the Lord in spite of ____."*



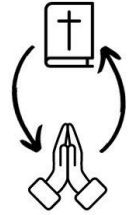
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DAY 14

Psalm of the Day: Psalm 40

Adoration: *What does Psalm 40 teach you about God's character? Give Him praise for that!*

HOW TO PRAY *the Psalms*



newstartdiscipleship.com/ps40

Confession Prayer: *Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *Text your mentor someone you're praying for, that God will "lift their feet out of the pit of sin."*



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DAY 15

Psalm of the Day: Psalm 62

Adoration: *What does Psalm 62 teach you about God's character? Give Him praise for that!*

HOW TO PRAY *the Psalms*



newstartdiscipleship.com/ps62

Confession Prayer: *Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *Text your mentor "Here's what it means to me today that God is my rock, fortress and salvation. ____"*



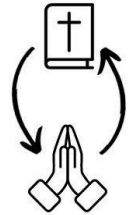
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DAY 16

Psalm of the Day: Psalm 67

Adoration: *What does Psalm 67 teach you about God's character? Give Him praise for that!*

HOW TO PRAY *the Psalms*



newstartdiscipleship.com/ps67

Confession Prayer: *Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *What brings you the most joy about what you see of God today in this Psalm? Text someone you would love to mentor in the future and share that. Just say "What I'm thinking about today..."*



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DAY 17

Psalm of the Day: Psalm 90

Adoration: *What does Psalm 90 teach you about God's character? Give Him praise for that!*

HOW TO PRAY *the Psalms*



newstartdiscipleship.com/ps90

Confession Prayer: *Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *Text your mentor and share a way in which you are asking God to "Let your favor be upon us and establish the work of our hands..." (90:17)*



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DAY 18

Psalm of the Day: Psalm 96

Adoration: *What does Psalm 96 teach you about God's character? Give Him praise for that!*

HOW TO PRAY *the Psalms*



newstartdiscipleship.com/ps96

Confession Prayer: *Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *96:1 says that God is worthy of our songs. Text your mentor a song that's been an encouragement and blessing to you, and say "God is worthy of this song!"*



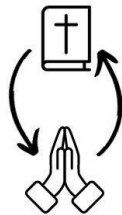
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DAY 19

Psalm of the Day: Psalm 103

Adoration: *What does Psalm 103 teach you about God's character? Give Him praise for that!*

HOW TO PRAY *the Psalms*



newstartdiscipleship.com/ps103

Confession Prayer: *Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *Psalm 103 lists many "benefits" that God gives us. Text someone that you'd love to mentor in the future that verse, and share some of the benefits that you're thankful for.*

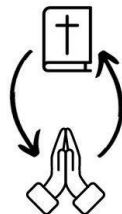


DAY 20

Psalm of the Day: Psalm 130

Adoration: *What does Psalm 130 teach you about God's character? Give Him praise for that!*

HOW TO PRAY *the Psalms*



newstartdiscipleship.com/ps130

Confession Prayer: *Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *What is most encouraging thing you read about God today, or the boldest prayer you're asking him to answer based on his character? Share it!*



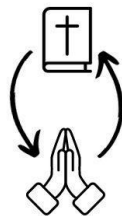
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DAY 21

Psalm of the Day: Psalm 147

Adoration: *What does Psalm 147 teach you about God's character? Give Him praise for that!*

HOW TO PRAY *the Psalms*



newstartdiscipleship.com/ps147

Confession Prayer: *Confession is a humbling of yourself based on what you have seen of God. Ask God to search your heart for areas that displease Him.*

Thanksgiving: *Express your gratitude for what God has told you in this Psalm about His work and character.*

Supplication: *Pray for yourself and others for strength to put into practice what you have read and heard.*

Mentor Moment: *Text someone you might like to mentor in the future, and ask them if they'd like to join you in "21 Days to Learn to Pray the Psalms" and invite them to go back through it with you!*



HOW TO PRAY THE PSALMS

CONGRATULATIONS!!!!

You made it through the 21 days!

We covered:

- ☒ How to make the Bible and prayer into a real Conversation
- ☒ How to Adore, Confess, Thank and Ask God for what you need
- ☒ How praying the Scripture helps you go beyond just reading it

Remember, you never need to get stuck in your prayer life “not knowing what to say” if you have the Bible open in front of you!

For more resources that build on what you’ve learned here, check out www.newstartdiscipleship.com. If you got this from a pastor or mentor, ask them what’s next!

You can also join the NewStart Discipleship Facebook page at:

www.facebook.com/newstartdiscipleship

If you are not involved in a church in your location, email darrell@newstartdiscipleship.com, and I may be able to help you find a great, Bible-believing church in your area!

Thanks,



Darrell L. Stetler II
Oklahoma City, OK

