



PRAYING THE PSALMS

DESCRIPTION

Praying the Psalms is using them exactly the way they were written. Psalms is the prayerbook for the church written by the people of God inspired by the Holy Spirit.

HOW TO PRACTICE

Prepare: Find a place and a time where you can take 5 or 10 minutes to yourself. Take a few deep breaths to calm yourself and clear your thoughts. Ask the Holy Spirit to help you pray, and to make the words of the psalm a prayer for you.

Choose a Psalm: Take thirty seconds or so to quickly scan the five Psalms of the day and pick the one that best leads you to prayer on that occasion.

Line by Line: Read through the Psalm line by line. At the end of each line, use the words of the Psalm to say a prayer of your own.

For example: Psalm 20:1a says, "May the Lord answer you when you are in distress"

You might pray: "Lord, please answer me today. I am in trouble--my finances are in trouble, my body is in trouble, and my relationships are in trouble. O answer me today, Lord, because I am in trouble in so many ways."

Continue through the rest of the Psalm praying each line in your own words. Take a moment to let each line sink in if you need.

Context: Remember that the Psalms are the prayers of real human beings, and express real emotions, even ones that are sometimes uncomfortable. Thank God for what spoke to you and for what challenged you or made you uncomfortable. Take another moment to ask God to remind you of Him and His word throughout the day.