The background is a photograph of a vast, forested mountain range. The mountains are covered in dense evergreen trees, and the scene is captured in a soft, hazy light, possibly during dawn or dusk. A large, semi-transparent circular overlay is centered on the image, serving as a container for the text.

# 30 Days of *Praying the Psalms*

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from His Mercy is New

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*There is a place of quiet rest,  
near to the heart of God,  
A place where sin cannot molest,  
near to the heart of God.*

*O Jesus, blest Redeemer, sent from the heart of God,  
Hold us who wait before Thee near to the heart of God.  
hymn lyrics by Cleland McAffee*

“If we want to read and to pray the prayers of the Bible and especially the Psalms, therefore, we must not ask first what they have to do with us, but what they have to do with Jesus Christ. We must ask how we can understand the Psalms as God’s Word, and then we shall be able to pray them. It does not depend, therefore, on whether the Psalms express adequately that which we feel at a given moment in our heart. If we are to pray aright, perhaps it is quite necessary that we pray contrary to our own heart. Not what we want to pray is important, but what God wants us to pray. If we were dependent entirely on ourselves, we would probably pray only the fourth petition of the Lord’s Prayer. But God wants it otherwise. The richness of the Word of God ought to determine our prayer, not the poverty of our heart.” *Bonhoeffer from Psalms: The Prayer Book of the Bible.*

Sweet friends,  
I do pray this resource is helpful for you. Learning to pray the Psalms has changed my prayer life completely. Praying the Words of God back to our Father is a sweet picture in my mind. As we reach up to our heavenly Father, like little children full of faith, we are reciting His promises, trusting Him to fulfill each and every one, knowing how He loves His children so.

Much love,  
Candace Crabtree

## Day 1

~~Sometimes~~ Often my flesh sneaks into my thoughts and life much more than I would like to admit.

*I'm indecisive.*

*I'm not very bold when I should be.*

*I'm too sensitive.*

*I care too much about what others think of me.*

**I am selfish.**

So, one thing that I have often wondered about is how much of my flesh creeps into my prayers.

There is one, **sure** way to know that our prayers are in line with God's will...  
...and that is to pray the Scriptures.

This has become my favorite way to pray. I guess my indecisive, ye-of-little-faith self finds assurance in praying the very words of God from His word. God's Word gives strength and power to my prayers.

***Praying the Scriptures has changed my prayer life.***

I love to pray the beginning of Psalm 5 in the mornings...learning to wait on Him.

## Psalm to Pray

*My voice You shall hear in the morning, O Lord;  
In the morning I will direct it to You,  
And I will look up.  
Psalm 5:3*

## Day 2

Beth Moore states the following in her book, *Praying God's Word...*

*"Prayer keeps us in constant communion with God, which is the goal of our entire believing lives. Without a doubt, prayerless lives are powerless lives, and prayerful lives are powerful lives; but, believe it or not, the ultimate goal God has for us is not power but personal intimacy with Him."*

Friends, that is what I want us think on today...spending this time with God, in His Word and in communion with Him...the goal is intimacy with Christ. *Nothing else. Without Him we are nothing.* That is the only reason I share these verses from Psalms with you...to encourage each of us to dig in deep, drink from the Living Water of His Truth and spend time communing with the One who created us and knows us and loves us best.

Knowing Him more...my heart's desire. We can pray this passage from Philippians to know Him more...*"But what things were gain to me, these I have counted loss for Christ. Yet, indeed, I also count all things loss for the excellence of knowing Christ Jesus my Lord, for whom I have suffered the loss of all things, and count them as rubbish, that I may gain Christ, and be found in Him..."* Philippians 3:7-8.

Sweet friends, we cannot know Him if we don't still our hearts from the rush of the world and spend time with Him. Praying the Psalms and praying the Scriptures brings us into the presence of God and gives us the nearness our souls desire most.

## Psalm to Pray

*Be still and know that I am God.  
Psalm 46:10*

## Day 3

***“Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.” Phil. 4:6-7***

Did you notice what that verse says that prayer brings? After we have presented our requests to God...  
PEACE.

Ya'll. There is just nothing that can replace that peace. There is nothing that can compare. There is nothing that will get you through the tough times like the peace that God gives.

And this passage tells us how to get it...spending time with God.

If that isn't encouragement to get on our knees, I don't know what is!

And when we do get on our knees, if we are struggling for words...we can turn to the Psalms.

Oftentimes as I pray for my kids or when I am interceding for someone hurting, I turn to Psalm 23.

## *Psalm to Pray*

*The Lord is Emily's shepherd, she shall not be in want.  
He makes her to lie down in green pastures,  
He leads her beside quiet waters, He restores her soul.  
He guides Emily in paths of righteousness for His name's sake.  
Even though Emily walks through the valley of the shadow of death,  
she will fear no evil, for You are with her,  
Your rod and Your staff, they comfort her.  
You prepare a table before Emily in the presence of her enemies.  
You anoint her head with oil, her cup overflows.  
Surely goodness and love will follow Emily all the days of her life,  
and she will dwell in the house of the Lord forever.  
Psalm 23*

*You are my shepherd,  
I shall not want.  
Psalm 23:1*



## Day 4

Yesterday, we mentioned that through prayer, we gain God's peace.

Another thing I need to remind myself of is that prayer is also a weapon! I don't often like to think of myself as needing weapons, but I mostly certainly do! We are in a battle, whether I want to face it or not!!

***"For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." 2 Corinthians 10:3-5***

I don't know about you, but I can use all the help {weapons} available to me to fight this battle and make every thought captive to Christ!!

And prayer, blessed prayer, is one of these weapons!!

Elisabeth Elliot answers the question, "what good are my prayers, anyway?" in her devotional title, Keep a Quiet Heart.

Elisabeth quotes this passage from Matthew 7:11, ***"If you, as bad as you are, know how to give your children what is good for them, how much more will your heavenly Father give good things to those who ask him?"***

*"Are you often as tempted as I am to doubt the effectiveness of prayer? But Jesus prayed. He told us to pray. We can be sure that the answer will come and it will be good. If it is not exactly what we expected, chances are we were not asking for quite the right thing. Our heavenly Father hears the prayer, but wants to give us bread rather than stones.*

*Prayer is a weapon. Paul speaks of the 'weapons we wield' in 2 Cor. 10:4-5. They are not merely human, but divinely potent to demolish strongholds. The source of my doubts about its potency that morning was certainly not the Holy Spirit. It was the unholy spirit, the Destroyer himself, urging me to quit using the weapon he fears so intensely." ~ Elisabeth Elliot, from her devotional Keep A Quiet Heart.*

So, friends, let's take up our weapons and use them! We are in a battle! We can battle the strongholds in this life, take captive our negative thoughts and gain true peace...all through prayer!

## Psalm to Pray

*You, Lord, are a shield for me,  
my glory and the lifter of my head.  
Psalm 3:3*

## *Day 5*

Today I would like to talk about praying the Psalms of PRAISE.

Sometimes I re-phrase a particular verse or a particular Psalm to make it more personal.

But, sometimes, I just read it right out of God's Word straight to His heart.

Psalm 8 is one of those that I just speak to Him as words of praise from my heart...

*O LORD, our LORD  
how majestic is your name in all the earth!  
You have set your glory above the heavens.  
From the lips of children and infants  
you have ordained praise  
because of your enemies,  
to silence the foe and the avenger.*

*When I consider your heavens,  
the work of your fingers,  
the moon and the stars,  
which you have set in place,  
what is man that you are mindful of him?  
the son of man that you care for him?  
You made him a little lower than the heavenly beings  
and crowned him with glory and honor.*

*You made him ruler over the works of your hands,  
you put everything under his feet:  
all flocks and herds,  
and the beasts of the field,  
the birds of the air,  
and the fish of the sea,  
all that swim the paths of the seas.*

*O LORD, our LORD,  
how majestic is your name in all the earth!  
Psalm 8*

This is one of my favorite psalms of praise. If you truly ponder and meditate on these words, how can you *not* praise Him? The creator of this earth, the moon & the stars, all his handiwork...we can see His glory all around us!

One of my favorite phrases from this psalm is verse 2 where the Bible tells us that praise silences the foe!! Woo-hoo!! I don't know about you, but I have plenty of "enemy voices" telling me things...this verse tells me how to combat that — with praise!!



*Psalm to Pray*

You have ordained praise  
to silence the foe.  
Psalm 8:2

## Day 6

Have you wondered, like I have, why I am writing on such a HUGE topic when so many wonderful theologians and men of the faith have tackled this subject also?? Thomas Merton, Eugene Patterson, Dietrich Bonhoeffer, C.S. Lewis...All of these great men have written wonderful books on the Psalms and prayer. What could I possibly have to add to all of that?

Well, I will be honest...I don't write this series in the hopes of adding anything to the writings of these great men. I write to encourage myself – and each of you – to be more in prayer, more in the Psalms and to make much of Him. It's just as much for me as it is for you.

The more time I spend in prayer and the more time I spend in the Psalms, the more I realize I am a learner. I am learning and growing in Christ everyday. These words are just the overflow of that learning...and the hope that the learning will never stop.

I want you to grasp the power and strength and hope that praying the psalms can add to your prayers. It's true...praying this way has changed my prayer life...and not only do I want to encourage you to give it a try, I want to encourage myself to keep at it. Just because I have grown to love this way of praying doesn't mean that my prayer life is perfect. I have times in the desert where I long to hear from God just like everyone does.

I love coming to the psalms in times of praise and in times of despair. There is always a psalm I can turn to that expresses my heart in that moment. I love that about the words of David...we see his humanity so very much in the psalms and this encourages me greatly.

I'm so thankful that during those times, I can cry out to Him from these words and, despite what I am feeling, He hears me and He encourages my heart.

*"As the deer pants for streams of water,  
so my soul pants for you, O God.  
My soul thirsts for God, for the living God.  
When can I go and meet with God?  
My tears have been my food day and night,  
while men say to me all day long,  
'where is your God?'*

*Why are you downcast, O my soul?  
Why so disturbed within me?  
Put your hope in God,  
for I will yet praise Him,  
my Savior and my God."  
Psalm 42:1-5*

*Psalm to Pray*

Why so downcast, O my soul?  
Hope in God.  
Psalm 42:5

## *Day 7*

I think Psalm 51 is a Psalm that we all are fairly familiar with. I don't know about you, but I am so glad that this Psalm was included in the Bible. I have heard Dr. Greg Frizzell speak several times and I always come away so very inspired in my prayer life after hearing him.

One thing that he encourages us, as believers, to do is have a daily time of cleansing and repentance. We need this time to wash our hearts with the Word of God so desperately...and I think that most of us don't get it regularly enough!

Praying Psalm 51 is a great Psalm to pray as we ask God for forgiveness, as we ask Him to show us any hidden sins in our hearts, as we allow His Word and His love to wash us.

*"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 done what is evil in your sight,  
so that you are proved right when you speak  
and justified when you judge.*

*Surely I was sinful at birth,  
sinful from the time my mother conceived me.  
Surely you desire truth in the inner parts;  
you teach me wisdom in the inmost place.*

*Cleanse me with hyssop and I will be clean;  
wash me and I will be whiter than snow.  
Let me hear joy and gladness;  
let the bones you have crushed rejoice.*

*Create in me a pure heart, O God,  
and renew a steadfast spirit within me.  
Restore to me the joy of your salvation  
and grant me a willing spirit, to sustain me.*

*O Lord, open my lips and my mouth will declare your praise.  
You do not delight in sacrifice or I would bring it,  
you do not take pleasure in burnt offerings.  
The sacrifices of God are a broken spirit,  
a broken and contrite heart,  
O God, you will not despise."  
Psalm 51*

*Psalm to Pray*

Create in me a pure heart, O God,  
And renew a right spirit within me.  
Psalm 51:10

## *Day 8*

Another way that I, personally, love praying the Psalms is using them as prayers of intercession!!

The day I wrote this section was my mom's birthday...so I thought I would share with you a Psalm that I pray over my mom from time to time! She is one special lady!

Psalm 34: one of my favorite Psalms of all time, and another great one to pray!! This is a psalm that I re-word or re-phrase a little bit to personalize it. I hope you will take a few moments and pray this psalm over someone special in your life!!

*I will praise you at all times, Lord.  
Your praise will always be on my lips.  
Let my mom's soul boast in the Lord;  
let the afflicted hear her praising you and rejoice.  
Let my mom glorify you,  
let us exalt your name together.*

*She sought you and you answered her:  
you are delivering mom from all her fears.  
She looks to you and is radiant,  
her face is never covered with shame.  
She called and you heard her;  
you will save her from all her troubles.  
Your angels encamp around her – she who fears you,  
and you deliver her.*

*May my mom taste and see that you are good;  
blessed is she who takes refuge in you.  
Let her fear you, she is your saint,  
for those who fear you lack nothing.  
The lions may grow weak and hungry,  
but those who seek you lack no good thing.*

*Your eyes are on my mom,  
your ears are attentive to her cry.  
She cries out and you hear her,  
you deliver her from all her troubles.  
You are close, Lord, to the brokenhearted  
and you save those who are crushed in spirit.*

*My mom may have many troubles,  
but You will deliver her from them all,  
you protect all her bones,  
not one of them will be broken.*

*Evil will still abound, this I know, Lord.  
But you redeem your servants!  
Not one will be condemned that takes refuge in you! from Psalm 34*



*Psalm to Pray*

I seek You, Lord, and You hear me.  
You deliver me from all my fears.  
Psalm 34:4

## Day 9

One thing I have pondered, that you may be wondering also, is the question of what to do when sitting down and trying to pray the psalms and making sure I am actually PRAYING and not just READING.

This is a challenge, for sure, and I think it is great to think on this challenge so we can persevere in this thing called prayer. And prayer does take perseverance, yes?

But, when we come to the Scriptures to pray, it is a matter of the heart.

One of the habits I have tried to apply to my life is to pray a Psalm a day. This habit has been great for me. Each morning, I open my Bible to the next Psalm and read it. As I read it, I look for phrases or complete verses that really jump out at me – sometimes I write them in my journal. Sometimes I speak them outloud. Sometimes I just repeat the same verse multiple times as I pray the words.

But, I will admit, there are a few Psalms that don't seem relevant to my life. (a very few, I will say.) When I get to these Psalms I do several things: sometimes I just read it, ask God to speak and then move on to the next one. If He doesn't have anything that day for me in that particular Psalm, it's ok. Sometimes, particularly the battle scenes or verses about enemies, I put myself "in the battle" and pray against the enemy of my soul as David was speaking about his enemies in battle. This is a great way to pray against the enemy!!

*"...he {the enemy} is much more afraid of our prayer than our work. This is proved by the immense difficulties we always find when we set ourselves to pray. They are much greater than those we meet when we set ourselves to work."* ~Amy Carmichael as quoted by Elisabeth Elliot in *Keep a Quiet Heart*.

*I also think that meditating on Scripture is a form of prayer.*

When we meditate on Scripture we ponder, consider, reflect and think on the things of God...the very words of God. Meditation doesn't have to be scary – we should be pondering these things in our hearts!

To read a verse. To read it again. To speak aloud a phrase that encourages you. To write down those few words on an index card for your day. To have those words in your mind, on your heart as you go about your day. That is what meditation on Scripture looks like for me. I speak those words aloud as a remembrance to me but also as a prayer to God.

This is one of my favorite verses to pray, meditate on and speak aloud throughout my days:

## *Psalm to Pray*

Show me Your ways, O Lord, teach me Your  
paths. Lead me in Your truth and teach me,  
for You are my God and my salvation.  
Psalm 25:4-5

## Day 10

One of the greatest tools of encouragement that God graced me with over the years as I've journeyed through depression is His Word and praying His very words. *Comfort food for the soul!!*

God used the book of Psalms during my darkest days to give me hope and peace. When I didn't have words to speak, I spoke His words and He breathed life into my soul. Truly, He is the Bread of Life that sustains us.

I wanted to share some of my very favorite Scriptures for praying when in the depths of darkness. May these words be an encouragement to your soul as well.

*"The Lord is my light and my salvation - whom shall I fear?  
The Lord is the stronghold of my life - of whom shall I be afraid?"  
Psalm 27:1*

*"Lord, you have assigned me my portion and my cup;  
you have made my lot [secure](#).  
The boundary lines have fallen for me in pleasant places;  
surely I have a delightful inheritance."  
Psalm 16:5-6*

*"my God, you turn my darkness into light..."  
Psalm 18:28*

*"I will be still before you, Lord,  
and I will wait patiently for you."  
Psalm 37:7*

**"Come quickly to help me, O Lord my Savior."  
Psalm 38:22**

*"I waited patiently for you, Lord;  
You turned and heard my cry.  
You lifted me out of the slimy pit,  
out of the mud and mire;  
you set my feet on a rock  
and gave me a firm place to stand.  
You put a new song in my mouth,  
a hymn of praise to you."  
Psalm 40:1-3*

*"Why are you downcast, O my soul?  
Why so disturbed within me?  
Put your hope in God, for I will yet praise him,  
my Savior and my God."  
Psalm 42:5*

## *Psalm to Pray*

You are my light and my salvation,  
whom shall I fear? You are the stronghold  
of my life, of whom shall I be afraid?  
Psalm 27:1

## Day 11

Today I want to share some verses found in the Psalms that I pray for my children!!

One of my favorite resources for praying the Scriptures for my children is the book by Jodie Berndt, *Praying The Scriptures For My Children*.

*In her book, Jodie says, "as a mother, I've always seen prayer as a natural part of the parenting process, and I have always prayed for my children. But for many years my prayers tended to run along the 'God bless Johnny' lines. I'd ask God to help my kids on their spelling tests, protect them on field trips, and restore their health when they got the flu or ran a fever. Rarely, though, did my prayers get more creative than that, and almost never did I sense that they packed any real punch."*

Can you relate?

*Jodie goes on to say, "Not only are prayers {from the Scriptures} more interesting and creative than the ones I used to come up with on my own, but, because they come straight out of the Bible, they carry the full weight and power of God's Word. As God says in Isaiah 55:11, 'my word...will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.' And as Hebrews points out, 'the Word of God is alive and full of power.'"*

These words and praying the Scriptures has encouraged me, challenged me and inspired me to get on my knees for my children more than ever before!!

Here are some of my favorite Scriptures to pray over my children...

*"I love you, Lord, for you hear my voice; you hear my cry for mercy.  
Because you turn your ear to me, I will call on you as long as I live.  
May my children call on you as long as they live as well."  
from Psalm 116:1-2*

*"Lord, direct my children in the path of your commands,  
for there they will find delight.  
Turn their heart towards your statutes and not toward selfish gain.  
Turn their eyes away from worthless things;  
preserve their lives according to your word."  
from Psalm 119:35-37*

*"O Lord, you have searched my children and you know them.  
You know when they sit and when they rise  
you perceive their thoughts from afar.  
You discern their going out and their lying down;  
you are familiar with all their ways.  
Before a word is on their tongues,  
you know it completely, O Lord.  
You hem them in – behind and before;  
you lay your hand upon them.  
Such knowledge is too wonderful for me,*



too lofty for me to attain.  
Where can my children go from your Spirit?  
Where can they flee from your presence?  
If they go up to the heavens, you are there;  
if they make their beds in the depths, you are there.  
If they rise on the wings of the dawn,  
if they settle on the far side of the sea,  
even there your hand will guide them,  
your right hand will hold them fast.”  
from Psalm 139:1-10

## *Psalm to Pray*

*Lord, direct my children in the path of your  
commands for there they will find delight.  
Psalm 119:35*

## Day 12

Today I want to share a little bit more with you about praying over our children.

I recently started reading this book by Mark Batterson, *Praying Circles Around Your Children*. I loved his earlier book, *The Circle Maker: Praying Circles Around Your Biggest Dreams and Greatest Fears* and have found that this book about praying for your children is just as inspiring.

“...here’s the great news: *prayer covers a multitude of sins*. You don’t have to do everything right, but there is **one thing** you cannot afford to get wrong. ***That one thing is prayer.*** You’ll never be a perfect parent, but you can be a praying parent. Prayer is your highest privilege as a parent. There is nothing you can do that will have a higher return on investment. In fact, the dividends are eternal.” ~ Mark Batterson

This quote in the beginning of his book about praying circles around your children really, REALLY encouraged me on a day I really needed it.

Why do we try so hard to be the perfect parent? I don’t even think I am trying to be the perfect parent! But, boy, do I beat myself up when I’m not. Ya know??

I need to remind myself daily, or even moment by moment that I do not have to be perfect...I am going to mess this up...God knew this when He gave me my children.

But there is one thing that I have to get right, and that is prayer. That doesn’t mean I have to be *praying perfectly*. It just means I need to be praying. Oh I have never needed to be on my knees more than since becoming a mom. I have never had such a desperate need for my Savior...for His love to fill me, His grace to shape my words and His wisdom to infiltrate my being. Oh how I need Him and want Him to fill up my kids too.

One verse that Mark talks about praying is Luke 2:52. I have never prayed this passage over my children before, so I was excited to mark it in my Bible and begin praying it as soon as I read it! Why, these words describe – in one of the very few childhood stories – about our Savior as a boy!!

**“Lord, let my children grow in wisdom and stature, and in favor with God and man.”**

from Luke 2:52

Yes! I want that for my children! Don’t we all??

Tomorrow I will be sharing a few specific ways that Mark Batterson shares in his book on how to pray for our children, including some passages from Psalms!! I hope you’ll come back and join me!

“Part of your role (as a parent) is to know your children and know Scripture so you can train them in the way they should go.” Mark Batterson

How can we pray the Scriptures (and the Psalms) for our children if we don’t know the Scriptures?? That is a challenge for each of us today!! We have to be IN GOD’S WORD to be praying it!

*Psalm to Pray*

May my children call on you  
as long as they live!  
Psalm 116:2

## *Day 13*

I want to share for one more day about praying for our children from the Psalms using an idea that Mark Batterson shares in his book, *Praying Circles Around Your Children*, that I mentioned and quoted from yesterday.

Mark mentions praying the Promises of God for our children. I love this!! And there are many promises in God's Word that I want to grow deep in the hearts of my children.

***Here are a few that I like to pray from the Psalms...***

"Cause Hannah to delight in you and you promise to give her the desires of her heart. Let her commit her ways to you, trusting in you as you make her righteousness shine like the dawn."  
from Psalm 37:4-5

"Lord, show my children the wonders of Your great love, You who promise to save by Your right hand those who take refuge in You from their foes. Keep Emily as the apple of Your eye, hide her in the shadow of Your wings from the wicked who assail her."  
from Psalm 17:7-9

"Lord God, you are Caleb's loving God and his fortress, his stronghold and his deliverer, his shield in whom he takes refuge."  
from Psalm 144:2

## *Psalm to Pray*

Lord, cause my children to delight in  
You. Let them commit their ways to You.  
Psalm 37:4-5

## Day 14

One thing I have learned about prayer (and about myself) is that to go deeper in prayer, to have a prayer life at all, there must be humility.

**When we pray we come before Jesus totally desperate, totally dependent on Him.**

Yet, if we are really honest, we would probably say we don't *feel* desperate for Him every moment, 100% of the time. On our best days, things are going pretty well...we forget to acknowledge Him. We start thinking we can do this thing on our own.

I once heard Beth Moore say that she prayed for God to show her any pride in her life daily. *Daily*. I think we all need that reminder, don't you?

Philippians chapter 2 offers us the perfect example of humility found in Christ.

*"Do nothing out of selfish ambition or vain conceit,  
but in humility consider others better than yourselves.  
Each of you should look not only to your own interests,  
but also to the interests of others.*

*Your attitude should be the same as that of Christ Jesus:  
Who, being in very nature God,  
did not consider equality with God something to be grasped,  
but made himself nothing,  
taking the very nature of a servant,  
being made in human likeness.  
And being found in appearance as a man,  
he humbled himself and became obedient to death -  
even death on a cross!"*  
Philippians 2:3-8

I have found that one thing that really helps me to get my mind off of myself (whether it be GOOD or BAD thoughts) is to pray the Psalms!! When we pray God's Word, we are sort of forcing ourselves to look upward, to gaze heavenward, to fix our eyes on Jesus.

*"Make my delight You, Lord. Help me to meditate on you and your Word day and night."*  
from Psalm 1:2

*"To you, O Lord, I lift up my soul; in You I trust, O my God."*  
Psalm 25:1

*"Examine my heart and my mind for your love is ever before me."*  
Psalm 26:2

*"One thing I ask of You, Lord, this is what I seek:  
that I may dwell in Your house all the days of my life,  
to gaze upon Your beauty and to seek You." Psalm 27:4*

## *Psalm to Pray*

*Examine my heart and my mind,  
for Your love is ever before me.  
Psalm 26:2*



## *Day 15*

"Say Them Out Loud. Just read the Psalms slowly and thoughtfully, assenting to what they say with as much understanding as you have, intellectually and emotionally. Don't just read them, pray them; say them from the heart. The Psalms contain both the Word God has to say to us about prayer and the words he wants us to say to him in prayer." Ben Patterson from Christianity Today.

"This is pure grace," exclaimed Dietrich Bonhoeffer, "that God tells us how we can speak with him and have fellowship with him."

## *Psalm to Pray*

One thing I ask of You, this is what I seek:  
that I may dwell in Your house all the days  
of my life, to gaze upon Your beauty and to  
seek You.  
Psalm 27:4

## Day 16

Do you have any favorite Psalms that are your “go-to” for encouragement when you need it?

I do! The book of Psalms is my favorite book of the Bible. It's very hard for me to name a favorite psalm. I have so many.

If you have a favorite Psalm, I would encourage you to take those verses – your very favorites, the ones that God uses in your life time and time again – and PRAY them.

I have shared several favorites so far...but Psalm 103 is another favorite of mine. I especially love this Psalm from The Message.

*O my soul, bless God. From head to toe, I'll bless your holy name!  
O my soul, bless God, I won't forget a single blessing!*

*You forgive my sins – every one. You heal my diseases – every one.  
You redeem me from hell – you save my life!  
You crown me with love and mercy – a paradise crown.  
You wrap me in goodness – beauty eternal.  
You renew my youth – I am always young in your presence.  
You make everything come out right, you put victims back on their feet.*

*You are sheer mercy and grace; not easily angered, you are rich in love.  
You don't endlessly nag and scold, nor hold grudges forever.  
You don't treat me as my sins deserve, or pay me back in full for my wrongs.  
As high as heaven is over the earth, so strong is your love to those who fear you.  
As far as sunrise is from sunset, you have separated me from my sins.  
As I feel for my children, You feel for those who fear him.  
You know me inside and out, you keep in mind that I am made of mud.  
We don't live very long, like wildflowers we spring up and blossom,  
but a storm snuffs us out just as quickly, leaving nothing to show we were here.*

*God's love, though, is ever and always, eternally present to all who fear him,  
making everything right for us and our children  
as we follow your covenant ways and remember to do what you said.  
You have set your throne in heaven, you rule over us all. You are King!  
taken from Psalm 103, the Message*

## *Psalm to Pray*

Bless the Lord, O my soul;  
all that is within me bless Your holy name!  
Psalm 103:1

## Day 17

*"If you love liturgy, this book is for you.*

*If you don't know what liturgy is, this book is also for you."*

Whether you are over-churched or under-churched, a proud evangelical, a recovering evangelical, or not an evangelical at all; whether you are high church, low church or no church, a skeptic Pentecostal, whether you have found a community or burned out on community, this book is for you." from *Common Prayer: A Liturgy for Ordinary Radicals*.

This book that I am quoting is one of my favorite prayer guides or books. I admit, I am one that truly did not know what liturgy was before really looking into it with this book and reading more about it online. I go to a Southern Baptist Church. I love my church dearly. But, I think we are missing out on a few of the beautiful traditions that some of the other denominations still hold to.

*"God's deepest longing is for the church to be united as one body. In Jesus' longest recorded prayer, he prayed that we would be 'one as God is one...' Our prayer lives connect us to the rest of the body of Christ around the world; at any hour of any day, many of the prayers in this book are being prayed in some corner of the earth. Using these prayers is also a way of connecting ourselves to the past; we're talking about the greatest hits not just from the 1960s, '70s, and '80s but also from the 1800s and the 300s. Many of these prayers and songs are more than a thousand years old."* from *Common Prayer*.

Isn't there something beautiful and at the same time mysterious about so many saints praying the very words of God together? In unison...but personally and individually. These prayers (and those of the Church from many years past) can be prayed together, but in using this book, you can pray them – on your own – and still be praying with the others believers around the world!!

*"Liturgy is not about getting indoctrinated. Doctrines are hard things to love. It's not even really about education. Liturgy at its core is not about learning facts and memorizing phrases.*

*Liturgy is soul food. It nourishes our souls just as breakfast strengthens our bodies...Liturgy is kind of like family dinner with God. While liturgy is a party, it's also about disciplining our spirits like we exercise our muscles. Certainly we are learning as we pray, as we listen to Scripture, as we learn the songs and stories. But we are also participating in the work of God – active prayer, active worship."* from *Common Prayer*.

I share about this amazing book because 1)the book has changed and grown my prayer life in wonderful ways but also 2) because so many of the prayers in this book are taken from the Psalms!! My love for praying the Psalms has deepened as I have read these words, meditated on them, prayed in unison with other believers around the world. To me, it's beautiful.

And I think it makes God happy when we come to Him with different denominations, not to discuss and argue the issues, but to praise Him...to seek Him...to love Him...to glorify Him together.

## *Psalm to Pray*

Lord, You have said it is good for believers  
in Christ to live in unity.  
Help me to do my part.  
Psalm 133:1

## Day 18

### Mom Prayers

You know the ones...the prayers of desperation, the cries for wisdom, the whispers that we can't do this any.more.

I like to think that as a mom, I am learning how to truly pray without ceasing!! {grin}

Since I started praying the Psalms, my mom-prayers have started coming from the Psalms as well.

*"Show me your ways, O Lord!" {now would be nice!!} from Psalm 25:4*

*"Lord, you have said that if we ask for wisdom, you will give." from James 1:5*

*"Create in me a pure heart, O God!" from Psalm 51:10 {yes, I pray this one a lot. ahem.}*

### Psalm to Pray

Lord, show us the wonders  
of Your love today.  
Psalm 17:7

## Day 19

Martin Luther on prayer...

*"I will tell you as best I can what I do personally when I pray. May our dear Lord grant to you and to everybody to do it better than I! Amen.*

*First, when I feel that I have become cool and joyless in prayer because of other tasks or thoughts (for the flesh and the devil always impede and obstruct prayer), I take my little psalter, hurry to my room, or, if it be the day and hour for it, to the church where a congregation is assembled and, as time permits, I say quietly to myself and word-for-word the Ten Commandments, the Creed, and, if I have time, some words of Christ or of Paul, or **some psalms**, just as a child might do." Martin Luther from A Simple Way to Pray.*

As you may know, Luther was also a musician and composer. Here is one of his hymns that was based on Psalm 130. Luther felt that music was a form of prayer.

### **"From Depths of Woe I Cry to Thee" (Psalm 130)**

From depths of woe I cry to Thee,  
Lord, hear me, I implore Thee.  
Bend down Thy gracious ear to me,  
My prayer let come before Thee.  
If Thou rememberest each misdeed,  
If each should have its rightful meed,  
Who may abide Thy presence?

One last quote from Luther on prayer...

*"Let this be said as an exhortation to pray that we may form the habit of praying with all diligence and earnestness.... Moreover, prayer is in truth highly necessary for us; for we must, after all, achieve everything through prayer: to be able to keep what we have and to defend it against our enemies, the devil and the world. And whatever we are to obtain, we must seek here in prayer. Therefore prayer is comfort, strength, and salvation for us, our protection against all enemies, and our victory over them."*  
Martin Luther

## *Psalm to Pray*

Out of the depths I have cried to You,  
O Lord; be attentive to the voice of  
my supplications.  
Psalm 130:1



## Day 20

I want to share about another book that has inspired my prayer life, it is called Seven Sacred Pauses. I will tell you, this book reminds me a little bit of the practice of prayer found in Common Prayer and also similar books/methods called The Divine Hours or Liturgy of the Hours.

I know this may turn a lot of you off. But there is something in this evangelical, Baptist girl's heart that really, really loves this form of prayer. I love the words. I love the beauty. I love that I am joining other believers in prayer. (I shared part of this when I shared about the book Common Prayer on Day 17.) I am kind of ashamed to say that I don't understand all the whys, hows and who's of these ancient prayers. I am not really so much interested in finding out the theology behind it. (Is that bad?)

I just enjoy it. It draws me close to God. It gives words to my often confused and insecure heart. When I don't know what to pray, these guides (guided by Scripture) are a comfort for my soul.

I will admit, though, that I am not a very disciplined person. I wish I could tell you that I set alarms at all these hours and pray faithfully day and night. I wish I could tell you that I have an awesome prayer life and get up in the wee hours of the night to pray for hours on end. But I can't. And, honestly, I think because I lack self-discipline, these books or guides really are helpful for me. They just resonate with a place in my heart that often has no words on its own.

I read a little more about these Seven Sacred Pauses when I read through the book 7: An Experimental Mutiny Against Excess by Jen Hatmaker. Part of what Jen shares in this book makes a lot of sense to me and explains the beauty that I find in these prayers:

*"We will follow the ancients, the monastics, the Benedictines, and the contemplatives into the practice of honoring the hours through prayer pauses every day: midnight, dawn, midmorning, noon, mid afternoon, noon, mid afternoon, twilight, and night. Those humble enough to pause and touch the grace of the hour have hallowed these rhythms for centuries. Some of these come from traditions and even language outside the typical evangelical experience, but they are most definitely characterized by the practice of resting before God, which is rarely cultivated by the evangelical writers and speakers of our day. These hours, echoed in Scripture, have been revised and expanded in many ways, known by several names: The Divine Office, the Prayer of the Hours, the Divine Hours, the Liturgy of the Hours." Jen Hatmaker, from 7.*

Tomorrow I want to share more about Seven Sacred Pauses ~ and just the call to prayer throughout the day, regardless of the method used ~ but I want to kind of leave a disclaimer on this post and tomorrow's. There is nothing legalistic about praying this way, at least for me. I find beauty in the written words, I find that it really gives words to my heartfelt emotions and prayers. I find that because I'm not a great speaker and am an introvert, so many times I don't have the words. And these prayers give words to the prayers of my heart. I hope that makes sense. This is nothing I feel that anyone has to do by any means!! For me, the reminder (and yes, I have set alarms before!!) to come to God throughout the day – to stop, to rest, to acknowledge Him – has been a beautiful thing. I pray it encourages you in this same way.

*Psalm to Pray for Evening*

When I lie down, I go to sleep in peace,  
You alone, God, keep me perfectly safe.  
Psalm 4:8

## Day 21

Today I want to share a little bit more with you about Seven Sacred Pauses and how this book (and the method for prayer) has influenced my prayer life.

In her book, *Seven Sacred Pauses: Living Mindfully Through The Hours of the Day*, Macrina Wiederkehr, shares that these pauses throughout our day are like “breathing spells for the soul.”

Ahhh. Doesn't that just bring immediate peace to your soul? I want more of that! I want to pause and breathe throughout my day. *I need to.* I want to stop and acknowledge God...in the difficult moments, in the normal moments, in the sacred moments, in the morning, in the night.

There are seven “pauses” to our days that fall into a natural rhythm with the turning of the earth. The author states that though all hours are important & sacred, “these special times have been hallowed by centuries of devotion and prayer.”

***The Night Watch (midnight)***  
***The Awakening Hour (dawn)***  
***The Blessing Hour (midmorning)***  
***The Hour of Illumination (noon)***  
***The Wisdom Hour (mid afternoon)***  
***The Twilight Hour (early evening)***  
***The Great Silence (bedtime)***

Each pause has a theme or meaning to it. The idea is that you pause – whatever you are doing – stop and take a moment for prayer. It doesn't have to be lengthy, just a pause. In this book there are quotes, Scriptures, poems, themes and guides to pray for each of these pauses. She doesn't suggest that every person can do every one of these hours everyday. Ask God to show you where to focus your thoughts and prayer. Look at your weekly schedule and see which times will fit into your calendar. Make prayer a part of your life that can actually “fit” so that it will happen and not add guilt. Maybe you can focus on just adding in one of these times each week – a different “pause” each day or each week.

Pausing through our days to be mindful of the Lord in our everyday moments is a huge reason that I wanted to try praying these different pauses. But there is another reason, also. *“I believe that the word practice is one of the most important words in the spiritual life. If you want to be a dancer, a pianist, a singer, a figure skater, you practice. If you want to make the team in any area of sports, you practice. Just imagine the many hours of practice given over to those who make it to the Olympics. Why should the spiritual life be any different?”* Macrina Wiederkehr

This is my heart. I want to be a prayer warrior. But that is not going to just happen without practicing and persevering in prayer.

“Continue steadfastly in prayer...” Colossians 4:2

God commands us to pray. He promises to hear us. We need help, in our flesh & humanness, to fix our eyes on Him. We need to become faithful in prayer. All of these are the reasons I feel I must take pauses, I must persevere in prayer. *I must.*

## *Psalm to Pray*

O Lord, God of my salvation,  
I have cried out day and night before You.  
Psalm 88:1

## Day 22

Have you ever noticed that there are quite a few psalms that mention waiting on God?

Have you taken time to ponder and meditate on what it means to truly wait on God? I think it is a very difficult thing in this crazy, high-speed world we live in! But, I also think it is important enough that we need to be intentional about learning to do it.

*"In the morning, O Lord, you hear my voice,  
in the morning I lay my requests before you  
and wait in expectation."*

Psalms 5:3

*"Wait for the Lord; be strong and take heart  
and wait for the Lord."*

Psalms 27:14

*"I wait for the Lord, my soul waits,  
and in his word I put my hope.  
My soul waits for the Lord  
more than watchmen wait for the morning,  
more than watchmen wait for the morning."*

Psalms 130:5-6

*"I waited patiently for the Lord;  
he turned to me and heard my cry."*

Psalms 40:1

"At all our conventions and assemblies too little time is given to waiting on God. Is He not willing to put things right in His own divine way? Has the life of God's people reached the utmost limit of what God is willing to do for them? Surely not. We need to wait on Him; to put away our experiences, however blessed they have been; our conceptions of truth, however sound and scriptural we think they seem; our plans, however needful and suitable they appear; and give God time and place to show us what He could do, what He **will** do. God has new developments and new resources. He can do new things, unheard-of things, hidden things. Let us enlarge our hearts and not limit Him." – Andrew Murray from *Waiting on God*.

## *Psalm to Pray*

*I waited patiently for the You, Lord,  
You turned to me and heard my cry.  
Psalm 40:1*

## Day 23

Yesterday we talked briefly about waiting on God.

But, what does it look like to wait on God? How exactly do we do that?

*Waiting.*  
**Expectant.**  
*Hopeful.*  
*Silent.*  
**Listening.**  
*Meditating.*  
*Prayerful.*

Think about sitting in a waiting room at the hospital. Waiting for the doctor to come out with news. Hoping against all odds that it is good news. It's all you can think about. It consumes your thoughts, hopes and prayers. Waiting. When will the doctor ever come in??

Oh that we could wait on God with such hope and fervency!! That we could be so consumed with thoughts of Him and His Word.

Wait on God. *Not for His gifts or what He will give.*

Wait on God. *Not for His answers or His direction.*

**Just sitting before God. Silently. Full of hope. Full of thanksgiving. Full of Him.**

## Psalm to Pray

*I wait for You, Lord, my soul waits,  
and in Your word I put my hope.  
Psalm 130:5*

## Day 24

Psalms 119 is probably my most favorite Psalm, maybe even my favorite chapter in the whole Bible. It is the longest chapter in the Bible, but it also is just a treasure trove of awesome verses to pray!!

Won't you join me in praying from Psalm 119 today? I mean, just read through these words – and pray!! Aren't these words – the very words of God – amazing???!?

“Oh my ways were steadfast in obeying your decrees!” v.5  
“Lord, I can stay pure by living according to Your Word...help me to be obedient.  
daily. moment by moment. when it's easy, *when it's hard.*” v.9  
“I seek You with all my heart, do not let me stray from your commands!” v. 10  
“Oh Lord, I am hiding Your Word in my heart,  
help me to recall Your Words, help me not to sin.  
Help me in the moment of temptation to TRUST and RECALL.” v. 11  
“Lord, may Your Word always be a **DELIGHT** to my soul.” v. 16  
“Open my eyes that I may see wonderful things in your law.” v. 18  
“Let me understand...” v.27  
“strengthen me according to Your Word.” v.28  
“I run in the path of your commands for you have set my heart free.” v. 32  
“Teach me...give me understanding, direct me...turn my heart towards You.” v. 33-36  
“You are my comfort in suffering.” v. 50  
“You are my portion, Lord.” v. 57  
“You are good, and what you do is good.” v. 68  
“May your unfailing love be my comfort.” v. 76  
“I have put my **hope** in your word.” v. 81  
“Make your words sweeter than any other, sweeter than honey to my mouth.” v. 103  
“Your Word is a lamp to my feet, a light for my path.” v. 105  
“Your Word is the joy of my heart.” v. 111  
“You are my refuge and my shield, I have put my hope in your word.” v. 114  
“Direct my footsteps according to your word, let no sin rule over me.” v. 133  
“You are near, Lord.” v. 151  
“Lord, you promise great peace to those who love your law, thank you for your peace.” v. 165  
“May my lips overflow with praise... may my tongue sing of your word...  
let me live that I may praise you... and may your laws sustain me.” v.171-175

## Psalm to Pray

Oh, that my ways were steadfast  
in obeying Your decrees.  
Psalm 119:5



## *Day 25*

I love to do word studies in the Bible! This is also a great way to pray the Psalms with more understanding and more depth.

Maybe there is a situation in your life that you'd like to spend more time praying about...think about what words pertain to that situation, do a simple search and then you will have new verses to pray over this situation!!

*Some examples of words to study in the Psalms:*

shepherd  
comfort  
hope  
truth  
strength  
portion  
heaven  
direction (direct)

Make sure when you are searching (maybe use [www.biblegateway.com](http://www.biblegateway.com)) to use different translations!! You will come up with even more possibilities!

Take the verses you find and turn them into prayers!!

**"Lord, you are my shepherd, I shall not want!"**  
(a great prayer of trust and contentment!!)

## *Psalm to Pray for Anxiety*

*In the multitude of my anxieties within me,  
your comforts delight my soul.  
Psalm 94:19*

## Day 26

**Praying** the Scriptures and **memorizing** the Scriptures go hand in hand.

When you memorize scripture, you are able to meditate on the words and pray them as you go about your day – whether you can sit down with your Bible or not!!

There are so many wonderful things I could say about memorizing Scripture, but since this series is on praying the scriptures, I will focus on that aspect.

Every year in early November, my kids and I work on Psalm 100. This is a great psalm of thanksgiving! Since we have it memorized, it is very easy for us to take a few of the words from this Psalm and make them a prayer...at anytime, in any place.

What are you dealing with in your life right now? I encourage you to find Scriptures and Psalms to memorize and then they become prayers as well!

### *Psalm to Pray*

Your word have I hidden in my heart,  
that I might not sin against You.  
Psalm 119:11

## Day 27

Another Psalm that I have memorized with my kids is 139. This is a favorite of many, many people...and I love it as well.

I will admit, though, that sometimes, it's hard for me to pray.

"I praise you because I am fearfully and wonderfully made." v. 14

I don't usually feel fearfully and wonderfully made...but I believe it. And I want my kids to believe it. So, we memorize it.

One thing I have loved about memorizing Scriptures with my children is the tiny prayers I pray as we recite these verses..."Lord, plant these words deep in their souls. Bring them to mind later in life when they need them most."

I know that God's Word never returns void. (Isaiah) So I know these words, being planted in their minds and hearts, will somehow, someday make a difference in their lives. That gives me joy.

This is a Psalm that I love to hear my children repeating, but it's also one that I love to pray over my children in my quiet prayer closet.

"O Lord, you have searched me and you know me.  
You know when I sit and when I rise, you perceive my thoughts from afar.  
You discern my going out and my lying down; you are familiar with all my ways.  
Before a word is on my tongue, you know it completely, O Lord.

You hem me in – behind and before; you have laid your hand upon me.  
**{Thank you for hemming in my children, too!}**  
Such knowledge is too wonderful for me, too lofty for me to attain.

Where can I go from your Spirit? Where can I flee from your presence?  
**{Lord, thank you that you never leave me!!}**

For you created my inmost being, you knit me together in my mother's womb.  
I praise you because I am fearfully and wonderfully made;  
your works are wonderful, I know that full well.

Search me, O God, and know my heart; test me and know my anxious thoughts.  
See if there is any offensive way in me, and lead me in the way everlasting."  
from Psalm 139

## *Psalm to Pray*

Search me, O God, and know my heart; test me  
and know my anxious thoughts. See if there be  
any offensive way in me and lead me in  
the way everlasting.  
Psalm 139:23-24

## Day 28

When God gives us a ministry – in our home, in our church, in our neighborhood, the size doesn't matter. The number of people reached doesn't matter. The beauty of the ministry building doesn't matter. The eloquence of guest speaker doesn't matter. ***What matters is Him.*** What matters is the Holy Spirit in that ministry.

Christians need each other – for encouragement, support, prayers, comfort and to speak truth into one another's lives. The Body of Christ was not meant to be lived all alone. And as believers it is a gift to have the Body to depend on, to care for, to comfort, to cry with, to rejoice with, to study with, to do life with.

What a gift of grace.

As we thank God for our churches, let us pray Psalm 150, a prayer of thanksgiving, for our local Body of believers.

Praise the Lord.

Praise God in his sanctuary;  
praise him in his mighty heavens.  
Praise him for his acts of power;  
praise him for his surpassing greatness.  
Praise him with the sounding of the trumpet,  
praise him with the harp and lyre,  
praise him with timbrel and dancing,  
praise him with the strings and pipe,  
praise him with the clash of cymbals,  
praise him with resounding cymbals.  
Let everything that has breath praise the Lord.  
Praise the Lord.  
Psalm 150

## Psalm to Pray

*Let everything that has breath praise You, Lord.  
Psalm 150*

## Day 29

Today I want to share with you some practical ideas that God has used to grow my prayer life. I hope some of these ideas are helpful for YOU. You may also have ideas that would be helpful to others!! Please share your ideas in the comments, or if you have a blog, LINK UP with us on the bottom of this post and we can all glean from each other!!

**Here are my favorite practical prayer helps!** Please, please, *PLEASE* do not get the idea that I do each of these daily. These are all ideas I have used (and loved) in the past...but I do different things in different seasons...whatever fits with my family life, where I am in my walk with God, how much time I have, etc. I don't ever do more than 1 of these at a time!! These are just tools that help. Don't make the tools the god, ya know?

**1. Tabbed prayer journals** – I think these are neat because I wrote out prayers and verses for the special people in my life – I had a tab for David, each child, my church, our pastors, missions, neighbors, etc. Won't it be amazing for my kids to look back at prayers I have prayed for them? I hope so!!

**2. Index cards** – this spiral has verses on it that I usually am working towards memorizing. This is probably my MOST used “tool” for prayer. I love to take this little spiral on my walks! I recite scripture and PRAY the scriptures as I get my exercise!!

**3. Books** – my other favorite and most used tool. If you've read my blog for long, you already know I love a good book. Prayer books and guides have enhanced my life so very much. I'm so grateful for the words of other believers and saints around the world who have gone before me...and who have oftentimes a better way with words, and speak words into my heartfelt prayers.

My favorite books on prayer, many of which I've mentioned in this series:

- Common Prayer by Claiborne, Wilson-Hartgrove, and Okor
- A Praying Life by Paul Miller
- Praying Circles Around Your Children by Mark Batterson
- Praying God's Word: Breaking Free from Spiritual Strongholds by Beth Moore
- Praying the Scriptures for Your Children by Jodie Berndt
- Seven Sacred Pauses: Living Mindfully Through The Hours Of The Day by Macrina Wiederkehr
- The Divine Hours by Phyllis Tickle
- The Power of a Praying Wife by Stormie Omartian
- Waiting on God by Andrew Murray

**4. Typed up verses on cards** – these are cards that I want to put MORE onto than I want to write on an index card. I keep the cards together with the metal craft rings. I had a card for each of my children with specific verses typed up for each of them.

**5. Creative Journaling** – another more recent favorite! I love, LOVE journaling the scriptures I am praying!!

**6. Thankful journal** – I try to always start my prayer time off with gratitude. (the picture above is one of my kids journals!) This focuses my heart on GOD and takes my eyes off of myself. I keep a gift list on my

blog, that was inspired by Ann Voskamp and her book One Thousand Gifts. I also have my kids keep thankful journals. These are PRECIOUS to look back on!! If you have kids, start now!!

**7. Daily tabbed journal** – this is another way to keep prayer requests organized. I have often struggled with SO many people I want to pray for and not being physically able to pray for each of them daily. So, I wrote out different things I would pray for each day – I’m sure you’ve seen this idea before. Sunday I prayed for my church. Monday I prayed for my marriage and husband. Etc.

**8. Large yellow index cards** that I laminated, punched a hole in and tied together were my spiritual warfare verses that I took on planes to mission trips. I have used them in other settings too...and they immediately calm my fears when I start to pray and read and meditate on these truths.

**9. Picture cards that I made for my kids** – I mentioned these in my series on praying for our kids last year – some people really like the idea of the VISUAL as you pray. I used a picture of each child, glued it on a large index card and then wrote specific verses and requests for each child on the back of the card. Then I laminated. I have taken these cards on the treadmill before and just kept the faces looking at me as I prayed for them. Sweet moments. *{Look on the resource page for this Praying the Psalms guide on my blog for a list of these resources and blog posts!}*

AND...#10 – NOT PICTURED, but the best tool of all!!

**10. JUST DO IT. JUST PRAY.** Don’t focus on having the perfect tools. Don’t worry about not having the right words. Don’t worry that your heart is in the wrong place. Don’t fret about not doing it right. JUST PRAY. Honestly, the more I pray, the more I want to pray.

And that has only come with time. And prayer.

So...these are my favorite tools for prayer — the important thing is to be praying.

## *Psalms to Pray*

I encourage you to take ANY Psalm you love praying over your own life and pray it for someone else!! Especially if there is someone with whom you have conflict or unresolved issues, pray blessings over them!

## *Day 30*

As we close this series, I want to leave you with a prayer of blessing that I will be praying for each of us, taken from the Psalms!!

*"We will praise You at all times, Lord Jesus.  
Your praise will always be on our lips.  
Our souls boast in You alone;  
Glorify the Lord with me;  
let us exalt His name together!*

*Lord, we are blessed when we take refuge in You.  
May each of us fix our eyes on You,  
the author and perfecter of our faith,  
You are our refuge!!  
Because we delight in You,  
we are blessed.  
Thank you, Lord Jesus."  
from Psalm 34 and Hebrews 12*

## *Psalm to Pray*

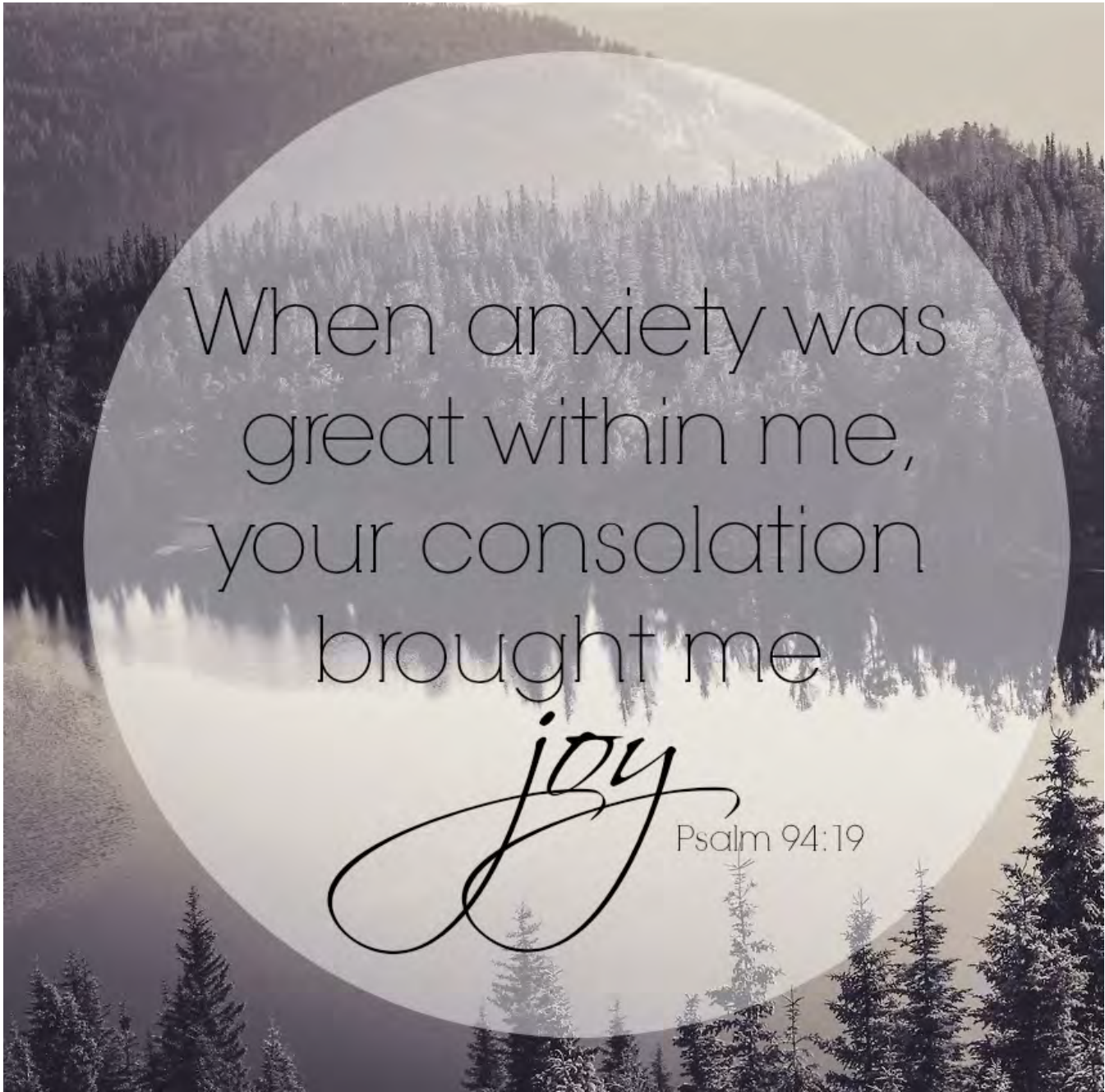
*We will praise You at all times, Lord Jesus.  
Your praise will always be on our lips.  
Psalm 34:1*



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When anxiety was  
great within me,  
your consolation  
brought me

*joy*

Psalm 94:19



**I wait for the Lord,**  
*my soul waits,*  
**in His Word I put my hope.**

**Psalm 130:5**