



Praying the Scriptures

{simple guide & how-to}

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Quick Start to
Praying the Scriptures

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What is Praying the Scriptures?

Praying the Scriptures is taking the very words of God and praying them right back to Him. But before I get into the practical, I want you to lean in close and let me tell you something very important. *I do not have special knowledge about praying the Scriptures that no one else can gain. I am not an expert on praying the Scriptures.*

I am a broken, messed up mama who, out of desperation, began reading and praying and crying out to God using the very words I was reading from the Bible. During a dark period in my life, I was given the idea to read one Psalm each day. So, I began. Each day, I would get up and read one Psalm. The next day, I would read the next one. I got to the end of the book of Psalms and started over.

I will be honest, some days, I read the Psalm and felt absolutely nothing in my heart. Some days I read the Psalm for that day, closed my Bible and continued walking in darkness. But, I kept reading. I kept opening God's Word and asking God to change my heart. I kept opening myself up to the work of the Holy Spirit.

Slowly but surely, as I read the words of the Psalmist, those words became the words to my prayers and the cries of my heart. The despair that David wrote about, I felt too. The words David used to cry out to God, I began using to cry out to God as well.

Without even realizing it, I was praying the Word of God.

And friends, the word of God became such a beautiful treasure in my life. God comforted me, encouraged me, uplifted me, helped me to praise Him in the storm and radically changed my prayer life through this period in my life.

Even in the midst of the darkness of my soul, God awakened in me a love for Him and His Word and my life has never been the same.

I don't say this to say that I will never struggle again, there will always be trials while we are still here on this earth. But, what I do mean to tell you is that God can transform your heart through the power of His Word and His Holy Spirit. He can and He will. I pray that you will open your heart up to His Work in your life through the beautiful gift of His Word.

Who Can Pray the Scriptures?

I love answering this question. You see, it's not the super spiritual who have some higher access to God that can pray His Word. It's not the ones who have it all together either.

Praying the Scriptures is for the desperate, like me, who need a word from the Lord. Praying the Scriptures is for the weak, like me, who are dependent on the strength of the Lord to fill them. Praying the Scriptures is for the broken, like me, who need a healing touch from God.

Praying the Scriptures is for all of us.

Praying the Scriptures doesn't take any prior knowledge. Praying the Scriptures doesn't take an extra special intelligence. Praying the Scriptures isn't only for those that have been believers for many years.

Praying the Scriptures is for all of us.

Praying the Scriptures is for those of us who sometimes, in the midst of our heartache, find ourselves with no words. Did you know that in Romans chapter 8, we are told that when we don't have the words the Holy Spirit intercedes for us? One way He does this is when we come before Him with His Word and speak those words to Him.

So, you see my friends, praying the Scriptures really is for all of us. The broken, the weak, the sick, the hurting, the grieving, the desperate...all of us. I hope you'll join me and know that I'm already praying for each of you that reads this little ebook!

How Do I Pray the Scriptures?

Here is another place that I just want to start off by saying that there is no right or wrong way to pray God's Word. His Word is alive and powerful and sharper than any two-edged sword. His Word does not return void. (Isaiah 55:11)

Here are some practical ways that I pray the Scriptures:

1. My Index Card Spiral – I use my index card spiral to write verses down that I want to carry with me, place on the kitchen counter, memorize and just focus on in general.
2. Open your Bible and pray a Psalm out loud to God. Read it with a heart that is wanting to converse with the Lord. Speak the words to God like you're actually talking to Him. Don't make it hard, just read it with a pure heart before Him!
3. Use the audio version of the YouVersion app! It's free. :) I'm loving this new-to-me option. Sometimes I will go on a walk (or on the treadmill) and listen to the Word of God. As I'm listening, I may hear a phrase that really speaks to where I'm at in life and I repeat it back to God. This app is really neat, you can find any Scripture, read it in any translation and also LISTEN to it!! As I continue walking, if I hear something that is very applicable to me or one of my kids or a loved one, I may just say to God, "yes, Lord, may it be so..."
4. Journaling the Scriptures. Journaling is not something that everyone loves. But I have found that I really enjoy looking back over years of prayers and Scriptures that the Lord has used in my life. What a beautiful treasure this will also be for our children one day! It will bless you to go back and see how God has answered your prayers, too!! Writing out the Scriptures just helps to get it deeper into our hearts, we read it, memorize it, write it, say it to God, meditate on it...find as many ways as you can to get these words into your heart!
5. Praying the Scriptures for others. Intercessory prayer. Since learning to pray the Scriptures, praying the verses for others has been a HUGE blessing and has really grown my intercessory prayer life. Take these verses you pray for yourself or your family, pray them for your pastor, for the sick, for your friends...your prayers take on new meaning when you can pray confidently knowing that His Word does not return void!
6. Placing Scripture around my home — I have included 2 lovely Scripture printables that I personally have prayed many times over the years! Print these, gift them or hang them in your own kitchen. Glance at them through your day and whisper up a prayer to God with those very words.
7. What other creative ideas do you have for praying God's Word?

10 Benefits of Praying the Scriptures

- 1. The Word of God becomes a treasure.** Those precious words, they become so much more dear to you when you read them, pray them, meditate on them and carry them with you through your day.
- 2. You begin to learn more and more of the Word of God.** The more you read it, the more you pray it, the easier it is to memorize and hide His word in your heart!
- 3. Your anxiety is eased.** Philippians 4:6-7 actually tells us to go to Him in prayer when we are anxious! And then it says, when you pray, His peace will guard your heart and mind!! More prayer = more peace!
- 4. Your moments of wordlessness become filled with hope.** Often, especially in times of distress, we don't have words to even speak. Yet, God in His goodness knew those days would come and He provided the Holy Spirit who intercedes on our behalf! {Romans 8.}
- 5. You can be certain you are praying God's will.** In the past I have often felt conflicted, wondering if what I was praying was even what God wanted for a situation. Well, when I pray the Scriptures over a family member or for a situation, I can know that His Word is His will...and I can pray with certainty.
- 6. Your intercessory prayer life grows.** Praying for others has now changed for me. I can pray with certainty, I can insert the names of others just like I do for family members. I love praying for others in this way!!
- 7. God's Word becomes very personal for you.** When you take a verse from God's Word and you place a name inside it or pray it for yourself, when you repeat those words back to God...the whole passage takes on new meaning and becomes much more personal to you. That is what it's done for me.
- 8. You can relate to the people of the Bible more readily.** I love taking the words of David and praying them. I feel like I know David in a whole new way after reading through the Psalms, looking at where he was at in his life at the time he wrote it, and then praying those words over my own life. Powerful stuff.
- 9. Peace and comfort are yours for the taking.** There isn't anything in this world that will fill us with peace like God and His Word. I'm a words kind of girl...words encourage and uplift my soul like not a lot of other things can. But, the words of God? Well they are even more special to me. And when I sit for a few minutes at the start of my day with the Psalms, I am immediately filled with peace. God is so good like that.
- 10. Jesus will draw you close.** I promise. In your darkest moments, grab your Bible, open to Psalm 34 and Jesus will meet you there. I have found that to be so true in my own life, time and time again. I come to Him desperate and He draws me in, whispers these words of comfort through His Word and I feel like I'm receiving a hug from my Lord. He just draws us closer to Himself when we spend that time in His Word.

Praying the Scriptures

Printables

{Please refer people to MercylsNew.com to print these freebies instead of sharing the direct link or printing for them! Thank you for honoring the time and work I've put into creating these for my subscribers.}

Praying the Scriptures



Scripture:

Life Application & Thoughts

My Prayer:

Note: The next 2 pages are sheets you can print to pray Psalm 23 for someone! There is a HIS and HER printable, print the sheet and write in the person's name that you are praying for. This would also be a lovely reminder to hang around your home or in your child's room!

I love praying this passage for my children, for those going through difficult situations and for those very sick. It is helpful to pray for family members of sick, too!

Psalm 23 Prayer

The Lord is _____'s shepherd; he shall not want.

He makes _____ lie down in green pastures.

He leads _____ beside still waters.

He restores his soul.

He leads _____ in paths

of righteousness for his name's sake.

Even though _____ walks through

the valley of the shadow of death,

he will fear no evil, for you are with him;

your rod and your staff,

they comfort _____.

You prepare a table before him in the presence of his enemies;

you anoint his head with oil;

_____ 's cup overflows.

Surely goodness and mercy

shall follow _____

all the days of his life,

and _____ shall dwell in the house

of the Lord forever.

Amen.

Psalm 23 Prayer

The Lord is _____'s shepherd; she shall not want.

He makes _____ lie down in green pastures.

He leads _____ beside still waters.

He restores her soul.

He leads _____ in paths

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You prepare a table before her in the presence of her enemies;

you anoint her head with oil;

_____ 's cup overflows.

Surely goodness and mercy

shall follow _____

all the days of her life,

and _____ shall dwell in the house

of the Lord forever.

Amen.

The Lord

is my

shepherd

I shall not want.

Psalms 23:1

I SOUGHT THE LORD
and He heard me,
AND HE DELIVERED ME
FROM ALL MY FEARS.

Psalms 34:4

Scripture Prayers for My Children

Joshua 1:9 "Be strong and of good courage; do not be afraid, nor be dismayed, for the Lord your God is with you wherever you go."

My Prayer

Psalms 1:1-2 "Blessed is the man who walks not in the counsel of the ungodly, nor stands in the path of sinners, nor sits in the seat of the unscornful; but his delight is in the law of the Lord, and in His law he meditates day and night."

My Prayer

Proverbs 1:7 "The fear of the Lord is the beginning of knowledge, but fools despise wisdom and instruction."

My Prayer

Scripture Prayers for My Children

Verse:

Prayer:

Verse:

Prayer:

Thank you!

Dearly beloved of God, I'm so thankful that you are joining me on this journey to learning how to pray God's Word! I am praying that God blesses you immensely as you spend time with Him and pouring over His Word.

If any of my Praying the Scriptures tools and posts and resources have blessed you, I would love for you to share them with a friend that you feel may benefit from learning to pray the Scriptures! A simple share on social media is such a gift to me as well! I appreciate all of you so very much!!

Remember, if you're looking for more resources for praying the Scriptures to check out my blog at www.mercyisnew.com and across the top there is a tab for "Praying the Scriptures!"

Here is my prayer for each of us...

"I have not ceased praying for you, and asking that you will be filled with the knowledge of His will in all wisdom and spiritual understanding; that you will walk worthy of the Lord, fully pleasing Him, being fruitful in every good work and increasing in the knowledge of God; that you will be strengthened by all might, according to His glorious power, for all patience and long suffering with joy, that we will find you giving thanks to the Father who has qualified us to be partakers of the inheritance of the saints in the light."

from Colossians 1:9-12