



“Praying Scripture” Challenge

Name: _____

“Praying Scripture” Challenge:



Day 1: The Lord’s Prayer

Date: _____

Start your week of “Praying Scripture” by slowing down and appreciating the model prayer that Jesus gave his disciples in Matthew 6:9-11.

- Read the prayer silently 2-3 times, reflecting on each phrase and asking yourself, why would Jesus include this particular phrase? Why would He think it was important to pray **that**?
- Write down any insights on the lines below: _____

- Now that you’ve internalized what the prayer is “about,” then slowly, purposefully, worshipfully, prayer the prayer out loud to the Lord.

Day 2: A Prayer of Confident Trust

Date: _____

- Start where you ended yesterday, praying once again aloud, slowly and purposefully, the Lord’s Prayer from Matthew 6:9-11.
- Read Psalm 23 silently 1-2 times, reflecting on each phrase and asking yourself, how has God done this for you in your life?
- Slowly and purposefully pray Psalm 23 out loud to the Lord, personalizing verses 2-3 to “YOU make me lie down”, “YOU lead me beside”, “YOU restore my soul”, “YOU lead me in paths”, etc.
- If the words of this psalm inspire you to say anything spontaneous to God after you’ve prayed them, then take a moment to do so before the Lord.
- Take 1-2 minutes to sit quietly, just breathing and meditating on the images and words of the psalm before getting up.

“Praying Scripture” Challenge:



Day 3: A Prayer of Desperate Need

Date: _____

- Start by praying once again aloud, slowly and purposefully, the Lord’s Prayer from Matthew 6:9-11.
- Read Psalm 86 silently, reflecting on each phrase and asking yourself, why would David ask God for these specific things? Can you relate to any of those desperate needs in your life?
- Sit with the words of the Psalm quietly for a couple of moments, asking the Lord which requests are most pressing for your life today.
- Slowly and purposefully pray this Psalm out loud, personalizing it to your situation, even if you can’t relate to all the exact experiences or circumstances that David describes. If it doesn’t relate today, it may at a later time.

Day 4: Prayers of Hunger to Know God

Date: _____

- Start by praying once again aloud, slowly and purposefully, the Lord’s Prayer from Matthew 6:9-11.
- Read Psalm 63:1-8 silently. Does your heart resonate with any of these words and images? Which ones?
- Slowly and purposefully pray Psalm 63:1-8 out loud to the Lord.
- If the words of this psalm inspire you to say anything spontaneous to God after you’ve prayed them, then take a moment to do so before the Lord.
- Read Ephesians 3:14-21 silently. Does your heart desire what Paul is praying for here?
- Slowly and purposefully pray Ephesians 3:14-21 out loud to the Lord, personalizing it to ask God to do these things for YOU today.

“Praying Scripture” Challenge:



Day 5: A Prayer of Confusion & Frustration

Date: _____

- Start where you ended yesterday, praying once again aloud, slowly and purposefully, the Lord’s Prayer from Matthew 6:9-11.
- Read Psalm 13 silently 1-2 times, reflecting on each phrase and asking yourself, have I ever felt like that? Is there anything troubling going on in my life right now that I resonate with as I read David’s words?
- Slowly and purposefully pray this Psalm out loud, even if you can’t relate right now to all the exact experiences or circumstances David describes.
- If the words of this psalm inspire you to say anything spontaneous to God about a particular burden or problem or troubling situation that you are going through right now, take a moment to do so before the Lord.

If you come to the end of these 5 days and want to pray more Scripture, then plug one of the following passages into any of the “exercises for Days 1-5” on the previous pages:

-Prayers of Humble Confession: Psalm 38, 51, Job 42:2-6

-Prayers of Intercession for Others (or Myself): Eph. 1:15-19, Phil. 1:9-11

-Prayers of Thanksgiving: Psalm 30, 92:1-5, 138

-Prayers of Awe and Wonder: Romans 11:33-36, Psalm 8

-Prayers of Worship: Psalm 90, 139, Revelation 4:11, 5:9-10, 5:12-13, 15:3-4

-Prayers of Submission to God’s Will: Matt. 26:39, Hebrews 10:5-7

-Prayers of Reflection on God’s Blessings: Psalm 103

-Prayers of Desperate Need: Psalm 6, 70, 130

-Prayers of Confusion and Frustration: Psalm 77