

# How to Pray Scripture

## A Prayer Map for Seeking God

*“If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land” (2 Chronicles 7:14).*

Praying with the Scriptures is a simple but dynamic way to talk to God. The Bible can be used to pray every type of prayer: praise, confession, thanksgiving, petition, intercession, listening to God, etc. Use the following instructions to lead, teach, or practice praying with the Scriptures:

### Why Pray Scripture?

**Reading** and **meditating** on Scriptures every day is a vital part of your prayer life. It is also important to **start committing** Scripture to memory. That way the Holy Spirit can bring to your mind verses and thoughts that may be relevant to what you are praying about. The more you know God’s word, the more a part of you it becomes...and the easier it is to understand God’s will, relative to your prayer life.

**One way to make God’s Word come alive** is to **pray passages of Scripture**. It is God’s living Word—*words that He wants to put into your mouth*. Prayers praying God’s words, become power prayers.....because God’s Word is power. God wants us to pray His Word back to Him. Any time that you pray God’s will and His promises back to Him you will receive a special blessing.

### How to Pray Scripture

**Whenever you can, have your Bible in hand as you pray.** You can also choose Scriptures that are relevant to your requests and write them on a 3x5 notecard. This is convenient because you can carry it wherever you go, tucked into your pocket or your purse and pull it out when convenient or quiet times come. Scripture memorization apps can also be helpful for keeping track of Scriptures that you want to remember, pray and memorize.

#### Instructions:

1. Begin by selecting a passage from the Bible that speaks personally to you on the subject you want to pray about.
2. To pray that passage, personalize it as you read it. Put in your name or the name of the individual or situation you are praying about.
3. Apply what it says to yourself or to the person you are praying for.
4. Respond to the passage emotionally, mentally, and spiritually.

5. Feel free to stop reading at any time and return to praying when the Holy Spirit prompts you.

You will receive a special blessing by doing this. It will change your life and the lives of those for whom you are praying.

## Scripture Prayer Example

**Scripture:** “Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. 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.” (Philippians 4:4-7 NIV)

**Scripture Prayer Example:** Heavenly Father, I rejoice in You always, I will say it again: I rejoice! You are an awesome, incredible God. I pray that my gentleness, which comes from the power of Your Holy Spirit, would be evident to all. Lord, I know you are near. You have promised never to forsake or abandon me. And for that reason, I will not be anxious about anything. You are on the throne, and I will trust in you. In everything, Lord, by prayer and petition, with thanksgiving and praise, I will present my requests to You. And Lord, I ask that Your peace, which transcends all understanding, will guard my heart and mind in Christ Jesus from the cares and anxieties of this day. It is in the strong name of Your Son, Jesus Christ, that I pray. Amen.

[from John Maxwell. Partners in Prayer. Thomas Nelson. 1996. p. 39.]

## Your Turn

Find a passage of your own and pray it out loud. If you have difficulty, you may want to write it out first. It may seem awkward at first but it doesn't take long for this kind of praying to become a natural part of your approach to God. Remember, your friend the Holy Spirit will teach you all you need to know about this. Just ask Him for help and for inspiration.

Try putting the name of a person that you want to pray for in the verse. This is a very powerful way to intercede for others because you are praying the power of God's Word into their lives.

## Leaders' Instructions

Praying Scripture with other people can be wonderfully inspiring. Begin to pray Scripture on your own, then invite others to join with you to pray God's Word together.

1. Divide the people into groups of 3-6 depending on the size of the group. (If there are kids, have each child pair up with an adult and repeat what the adult is saying during the prayer.)
2. Tell each person in the group to read the Scripture you have given them to themselves.
3. Next, tell them that they will pray their passage out loud after you have started the prayer time with a brief demonstration.
4. Start the prayer time by praying a passage of Scripture as a demonstration.

## Some Scriptures You Can Pray

Jeremiah 31:3

Romans 5:6-10

Psalms 51:10-13

John 14:27

Isaiah 55:8, 9

Revelation 12:10, 11

Revelation 3:20

Jeremiah 29:11-13

Lamentations 3:22, 23

Philippians 1:6

Psalms 46:1-3

Jude 1:24, 25

By: Jim Moon and Karen Martell