

# Praying the Psalms – Study Guide

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## I. Biblical illustrations

### A. Word for word prayers:

- Jesus (Matthew 27:46 -> Psalm 22:1; Luke 23:46 -> Psalm 31:5)
- The early church (Acts 4:24-26 -> Psalm 2:1-2, Psalm 146:6)

### B. Paraphrases or psalm phrases put in their own words in prayer:

- Jonah 2 (v. 2, 3, 6, 9 -> Psalm 18:4-6, 42:7, 30:3, 50:14, etc.)
- Daniel 9 (v. 16-17 -> Psalm 80:6-7, etc.)
- Mary (Luke 1:49, 50, 53, 55 -> Psalm 126:2-3, 103:17, 107:9, 105:8-10, etc.)
- Zechariah (Luke 1:68, 69, 71 -> Psalm 72:18, 18:2b, 106:10, etc.)
- Stephen (Acts 7:59 -> Psalm 31:5)
- Example continued in early church fathers, Martin Luther, Reformers, martyrs
- George Muller, Dietrich Bonhoeffer, Joni Eareckson, John Piper, etc.

## II. Practical applications

### A. Consider making at least one psalm per day part of your prayer life / time with God (psalm of the day). Start by praying through a psalm each day this next week (if you can find a time and/or place where you can pray out loud or quietly uninterrupted)

- If you already have a reading/prayer plan try adding this to part of it, at least 5-10 minutes to let a psalm inform your prayer (if not reading through Bible already, read psalms, 1 per day for next 150 days or if 5 per day in a month then repeat)
- Take at least one psalm and look for verses that are prayers you can put in your own words for yourself or others, or biblical truths you can turn into prayers.
- If a verse or psalm is hard to pray, simply move on to the next verse or psalm
- A.C.T.S. approach can be filled out by psalms as you look for:
  - Attributes of God – what truth about God can I adore, worship Him for?
  - Confession of sin – what sin do I need to confess in light of this psalm?
  - Thanksgiving – what can I thank God for that this psalm reminds me of?
  - Supplication (request) – what can I ask God for informed by this psalm?
- Alternate help for praying psalms: 3 R's
  - o Rejoice – what in this psalm should help me rejoice or praise God
  - o Repent – what in this psalm should move me to repent of my sin
  - o Request – what in this psalm can I pray for myself or others?

### B. Think of categories you normally pray for (friends, family, future, fellowship, etc.) and pray for them using the psalm and pray for other things that come to mind

### C. If it helps, or if you need help with challenges or questions, feel free to email me:

- [pastorphil@goldcountrybaptist.org](mailto:pastorphil@goldcountrybaptist.org)
- Share with other believers encouraging things you find as you pray psalms
- If you pray a verse for a friend that may help them, share it by text or email