

Sermon Text: Leviticus 16; Matthew 27; Hebrews 11

Sermon Notes:

Community Group:

Location:

Date:

Prayer Requests:

Lesson Topic:

Scripture References:

Lesson Notes:

What will I do as a result of our study?

ACTS/PRAY Method of Praying

Questions for Reflection:

According to John 10, what analogy does Jesus use to describe his relationship with his followers?

What effect does your intimacy with God have on your prayer life?

Read “**Appendix 4: ACTS/PRAY Method.**”

Which of these two methods do you think you would prefer and why?

Practice your preferred method by writing out your prayer in the space below.

SOAP Journal:

Title:

Date:

Bible Reading: **John 10**

SOAP Text:

(Choose the text to SOAP from the Bible reading)

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Praying Scripture

Questions for Reflection:

Did you know that when Jesus was on the cross, he prayed Scripture to God? Read Matthew 27:46 and Psalm 22:1. Why do you think Jesus cried out to God by quoting this psalm?

Read Philippians 4:6. What attitude should we have when we pray? What does the Bible tell us to pray about?

Spend a few minutes reading “Appendix 5: Praying the Bible.” Once you have a basic grasp on praying the Bible, follow the instructions in the appendix and experience it for yourself.

SOAP Journal:

Title:

Date:

Bible Reading: **Philippians 4**

SOAP Text:

(Choose the text to SOAP from the Bible reading)

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Praying Worship Songs

Questions for Reflection:

Read Colossians 3:15-17. How many times in these three verses does the Bible refer to prayer in some way?

What role did worship songs (“psalms and hymns and spiritual song”) play in the process of praying for and encouraging one another?

In “**Appendix 6: Praying Worship Songs,**” there are a few examples of theologically deep songs that could be used as a part of your prayer life. Utilizing the same principles you learned about praying Scripture, use one of these songs to lift up your prayer to God. (You might even consider using a hymnal as a part of your daily quiet time.)

What song did you choose?

SOAP Journal:

Title:

Date:

Bible Reading: Ephesians 6

SOAP Text:

(Choose the text to SOAP from the Bible reading)

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Appendix 4:

ACTS/PRAY METHOD

ACTS and **PRAY** are both acronyms to help guide you through your prayer time while still giving you a lot of space to pray as you feel led.

The **ACTS** Acronym looks like this:

Adoration – Praising God for who he is

Confession – Humbly acknowledging your sin before God

Thanksgiving – Praising God for what he has done and expressing gratitude for it

Supplication – Asking God to provide for your needs or the needs of others.

The **PRAY** acronym looks like this:

Praise – Praising God for who he is

Repent – Humbly acknowledging your sin before God

Ask – Asking God to provide for your needs or the needs of others.

Yield – An act of submission to his will in your life.

The only real difference between them is where one prioritizes thanksgiving, the other prioritizes yielding, both of which are important and could be added to each other.

An important thing to note in this method is the order of areas you pray for. Prayer always begins with praise to God and humility for our own sin.

All too often we jump into prayer with a to-do list of things we want from God and don't take the time to praise, confess, or thank him at all, or only as an afterthought. (From: JustDisciple.com)

Appendix 5:

PRAYING THE BIBLE*

Open the Bible, start reading it, and pause at every verse and turn it into a prayer.

John Piper

To pray the Bible, you simply go through the passage line by line, talking to God about whatever comes to mind as you read the text. See how easy that is? Anyone can do that.

If you don't understand the meaning of a verse, go on to the next verse. If the meaning of that one is perfectly clear but nothing comes to mind to pray about, go on to the next verse. Just speak to the Lord about everything that occurs to you as you slowly read his word.

Let the words of Scripture become the words of your prayers. For example, if you pray through Psalm 23, read "The Lord is my shepherd," and thank Him for being your shepherd. Ask Him to shepherd your family that day, to guide, protect, and provide for them. Pray that He will make your family members His sheep; that they will look to Him as their shepherd. Ask Him to shepherd you through the decision you must make about your future. Pray for Him to bless the under-shepherd, or pastor, at your church, shepherding him as he shepherds the church, etc. When nothing else comes to mind, go to the next line—"I shall not want"—and continue to pray.

Simply go through the passage, line-by-line, praying what you find in the text or what it brings to mind. If nothing comes to mind, or if you don't understand the verse, go to the next. You might choose to linger long on one verse. Conversely, there may be only a handful of matters that prompt prayer as you go through many verses. Nothing says you have to pray over every verse. Continue in this way until (1) you run out of time, or (2) you run out of Psalm.

* The material in this section is primarily taken from the teaching and writings of Donald S. Whitney. Recommended sources are included at the end of Appendix 5.

The Psalms are the best place in Scripture from which to pray Scripture. This is because of the original purpose and usage of the Psalms. The Psalms were songs inspired by God for the purpose of being reflected in song back to God. Moreover, there's a Psalm for every sigh of the heart. The entire range of human emotion is recorded in the 150 Psalms.

Perhaps the second-best place in Scripture from which to pray Scripture is the New Testament letters. These are so densely packed with truth that virtually every verse suggests something to pray about.

It is also edifying to pray through the narrative passages of Scripture. Unlike praying through the Psalms or New Testament letters, however, a different approach must often be used with the narrative passages. Instead of looking at each verse almost microscopically, in a narrative passage it's usually easier to consider it paragraph-by-paragraph, looking for the "big ideas" of the story.

Once you actually experience praying through a passage of Scripture, you'll likely be able to turn to any part of the Bible and pray through it. You won't need these notes to remember how to do it the second time. Like riding a bicycle, you never forget.

By praying through a passage of Scripture, you'll find yourself praying about most of "the same old things," but in brand new ways. You'll also find yourself praying about things you would never think to pray about. But it gets even better than that, because the words you use when you pray the Bible are not just fresh, new phrases you haven't used in prayer before. Praying from the Word of God means your prayers include inspired words. As Joni Eareckson Tada explains:

I have learned to . . . Season my prayers with the word of God. It's a way of talking to God in his language—speaking his dialect, using his vernacular, employing his idioms . . . This is not a matter simply of divine vocabulary. It's a matter of power. When we bring God's word directly into our praying, we are bringing God's power into our praying. Hebrews 4:12 declares, "For the word of God is living and active. Sharper than any double-edged sword." God's word is living, and so it infuses our prayers with life and vitality.

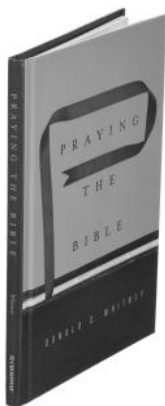
There is a supernatural quality to the words of Scripture that you pray. Jesus said, “the words that I have spoken to you are spirit and life” (John 6:63). When you pray the Bible, you aren’t just praying ordinary words, you are praying words of spirit and life.

Practice

Choose one psalm from the Book of Psalms. it could be one of your favorite psalms or a well-known psalm (such as Psalm 23; 27; 31; 37; 42; 66; 103; or 139). After choosing a psalm, I’d like you to try praying through the psalm for at least seven minutes. It doesn’t matter whether you sit, kneel, or walk as you pray.

Check the time—use a time if possible so you won’t be distracted by looking at the time—and begin.

Additional Resources



Praying the Bible by Donald S. Whitney

This book outlines easy-to-grasp method that has the power to transform our prayer life: praying the words of Scripture. Simple, yet profound.

Praying the Bible will prove invaluable as you seek to commune with your heavenly Father in prayer each and every day.

Available at ChristianBook.com for only \$5.00
(64% off retail price of \$13.99)
(less than half the price of Amazon.com)

Online Resources:

[Five-Part Video Teaching of *Praying the Bible*](#)

[*Praying the Bible* Teaching Notes:](#)

(Follow this digital link or search “Praying the Bible Donald Whitney PDF”)



BibleGateway.com has a [List of Resources](#) for Praying Scripture.

Appendix 6:

PRAYING WORSHIP SONGS

“Take My Life and Let It Be” - Frances R. Havergal

Take my life and let it be consecrated, Lord, to thee.
Take my moments and my days; let them flow in ceaseless praise.
Take my hands and let them move at the impulse of thy love.
Take my feet and let them be swift and beautiful for thee.
Take my voice and let me sing always, only, for my King.
Take my lips and let them be filled with messages from thee.
Take my silver and my gold; not a mite would I withhold.
Take my moments and my days, let them flow in ceaseless praise.
Take my will and make it thine; it shall be no longer mine.
Take my heart it is thine own; it shall be thy royal throne.
Take my love; my Lord, I pour at thy feet its treasure store.
Take myself, and I will be ever, only, all for thee.

“Lord from Sorrows Deep I Call” - Matt Boswell & Matt Papa

Lord, from sorrows deep I call when my hope is shaken;
Torn and ruined from the fall, hear my desperation.
For so long I've pled and prayed, "God come to my rescue!"
Even so, the thorn remains; still my heart will praise You.
Storms within my troubled soul; questions without answers;
On my faith these billows roll; God, be now my shelter.
Why are you cast down my soul? Hope in Him who saves you.
When the fires have all grown cold, cause this heart to praise You.
And, oh, my soul, put your hope in God
My help, my Rock, I will praise Him
Sing, oh, sing through the raging storm
You're still my God my salvation.

“What a Friend We Have in Jesus” - Joseph M. Scriven

What a friend we have in Jesus, all our sins and griefs to bear;
What a privilege to carry everything to God in prayer.

Oh, what peace we often forfeit; oh, what needless pain we bear;
All because we do not carry everything to God in prayer.

“Build My Life” - Pat Barrett

Worthy of every song we could ever sing;
Worthy of all the praise we could ever bring;
Worthy of every breath we could ever breathe, we live for you;

Jesus, the name above every other name;
Jesus, the only one who could save;
Worthy of every breath we could ever breathe, we live for you;

Holy, there is no one like you; there is none besides you;
Open up my eyes in wonder, and show me who you are and fill me
With your heart, and lead me in your love to those around me.

“I Need Thee Every Hour” - Annie S. Hawks

I need Thee every hour most gracious Lord;
No tender voice like Thine can peace afford.

I need Thee, O I need Thee, every hour I need Thee;
O bless me now, my Savior, I come to Thee.

I need Thee every hour, stay Thou nearby;
Temptations lose their power when Thou art nigh.

I need Thee, O I need Thee, every hour I need Thee
O bless me now, my Savior, I come to Thee.

I need Thee every hour in joy or pain
Come quickly and abide or life is vain.

“Speak, O Lord” - Stuart Townend

Speak O Lord, as we come to You to receive the food of
Your Holy Word.
Take Your truth, plant it deep in us; shape and fashion us
in Your likeness,
That the Light of Christ might be seen today in our acts of
love and our deeds of faith.
Speak O Lord, and fulfill in us all Your purposes for Your glory.
Teach us Lord full obedience, holy reverence, true humility;
Test our thoughts and our attitudes in the radiance of Your purity.
Cause our faith to rise; cause our eyes to see Your majestic love
and authority.
Words of pow'r that can never fail—Let their truth prevail
over unbelief.
Speak, O Lord, and renew our minds; help us grasp the heights
of Your plans for us—
Truths unchanged from the dawn of time that will echo down
through eternity.
And by grace we'll stand on Your promises, and by faith we'll
walk as You walk with us.
Speak, O Lord, till Your church is built and the earth is filled
with Your glory.

“Have Thine Own Way Lord” - Adelaide A. Pollard

Have thine own way, Lord! Have thine own way!
Thou art the potter, I am the clay.
Mold me and make me after thy will,
While I am waiting, yielded and still.
Have thine own way, Lord! Have thine own way!
Search me and try me, Master today!
Whiter than snow, Lord, wash me just now,
As in thy presence humbly I bow.