

Praying the Psalms

The LORD is my shepherd; I shall not want.

² He makes me lie down in green pastures.

He leads me beside still waters.

³ He restores my soul.

He leads me in paths of righteousness
for his name's sake.

⁴ Even though I walk through the valley of the shadow of death,
I will fear no evil,

for you are with me;
your rod and your staff,
they comfort me.

⁵ You prepare a table before me
in the presence of my enemies;
you anoint my head with oil;
my cup overflows.

⁶ Surely goodness and mercy shall follow me
all the days of my life,
and I shall dwell in the house of the LORD
forever.

Paraphrasing the psalms:

- Turn every thought to God
- Pray for other people
- Pray the promises

More free responsive prayers

- Ask for help to be like the Psalmist (words to grow into)

I love the LORD, because he has heard
my voice and my pleas for mercy.

² Because he inclined his ear to me,
therefore I will call on him as long as I live. (Ps 116:1-2)

One thing have I asked of the LORD,
that will I seek after:
that I may dwell in the house of the LORD
all the days of my life,
to gaze upon the beauty of the LORD
and to inquireⁱⁿ in his temple. (Ps 27:4)

- Use psalms of deliverance to meditate on our salvation

I waited patiently for the Lord;
he inclined to me and heard my cry.
² He drew me up from the pit of destruction,
out of the miry bog,
and set my feet upon a rock,
making my steps secure.
³ He put a new song in my mouth,
a song of praise to our God.
Many will see and fear,
and put their trust in the Lord. (Ps 40:1-3)

- etc etc...

Have a go!

Pick a psalm at random and think of a person or situation you can pray for from it. Or try:

Ps 46, Ps 147, Ps 13, Ps 27, Ps 63