

# Praying the Word *Psalms*

A STEP-BY-STEP GUIDE FOR  
TURNING SCRIPTURE TO PRAYER

VOLUME 2



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## INTRODUCTION

### *Why pray the word?*

Do you ever start to pray . . . and simply run out of words?

When I was a young believer, I was intimidated by the confident, eloquent prayers I heard around me. These Christians seemed to overflow with beautiful prayers! I would sit there with sweaty palms (usually sweating into whoever's hand I was holding), trying to think of something smart to say.

When it came to my personal prayer time, I had a different struggle: focus. It was hard to keep my mind on Christ and my long list of requests. I found myself zoning out, getting distracted, or becoming increasingly bored with all the things to pray for. I felt embarrassed by the state of my prayer life. I wanted to pray with joy, connection, and self-forgetfulness, but I remained stuck in unhealthy patterns of prayer.

Praying Scripture changed everything. It started with prayer journaling, which transformed my struggle with focus. Handwriting my prayers kept my mind engaged. I no longer felt drawn to think about other things. Introducing Scripture to my prayer practice strengthened the journaling, but it also strengthened my ability to pray out loud alongside other believers. By praying the words of the Bible, I memorized many scriptural truths. I learned how to apply them, and the Holy Spirit brought them to mind in many different prayer settings.

I structured this workbook to guide you through the principles of praying Scripture. There is no right or wrong way to do this—it's individual to you. As long as you stay true to the heart of what Scripture is saying, you can personalize it as a prayer back to the Lord. In the four-step process I share with you, you will learn how to read a passage, identify the core principles about God, personalize to your situation, and finally—pray!



## Psalm 1:1-3

- <sup>1</sup> How happy is the one who does not walk in the advice of the wicked or stand in the pathway with sinners or sit in the company of mockers!
- <sup>2</sup> Instead, his delight is in the Lord's instruction, and he meditates on it day and night.
- <sup>3</sup> He is like a tree planted beside flowing streams that bears its fruit in its season, and its leaf does not wither. Whatever he does prospers.

### Personal Reflection

When I root myself in God's truth, I have what I need for every season.

### Principle

God blesses those who delight in Him.

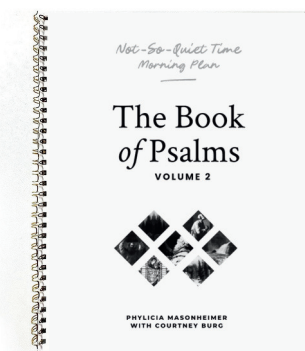
### Prayer

Lord, I do not have to walk in the ways of those who make evil choices. I choose instead to delight in you and your truth. I choose to put your words in front of me day and night. I want to be planted in your truth like a tree, soaking up the goodness of your love. When I do this, I have what I need in every season of my life. Thank you for sustaining me! Amen.

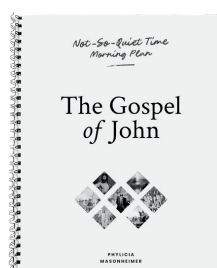
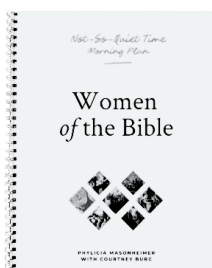
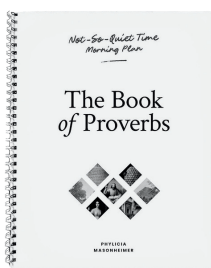
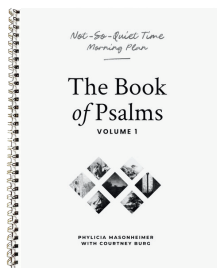
# Not-So-Quiet Time Morning Plan Series

This plan is designed for real life, helping you engage with Scripture even if your quiet moments are few. Whether you are grabbing a quick coffee or finding a few minutes of peace before the day begins, the Not-So-Quiet Time Morning Plan makes it easier to start your mornings with intention and faith.

COMPANION GUIDE FOR THIS JOURNAL



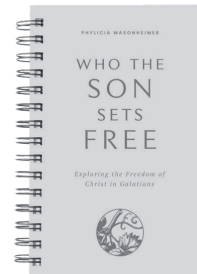
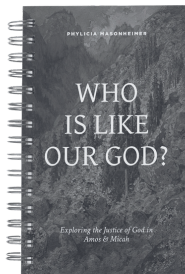
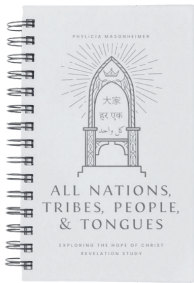
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