

Praying the Word *Psalms*

A STEP BY STEP GUIDE FOR
TURNING SCRIPTURE TO PRAYER

VOLUME 1



PHYLICIA MASONHEIMER

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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!

PRAYING THE WORD: PSALMS

The first page in this workbook shows you an example of what you will do on the following pages. Each page contains an excerpt of a psalm. This edition will take you through 38 of the 150 psalms in the Bible. Psalms were songs of worship for the Jewish people, and many of them began as prayers to the Lord. As such, they are uniquely suited to journaling prayer!

A sample day in this workbook would start with reading the passage. If you wish, you can look up the entire psalm for more context and more verses. After reading the passage, you will look for the principle about God. When identifying the principle about God, look for truths about His character. What do you learn about God from this section of Scripture? That might be "God is faithful to His promises" or "God is merciful and patient." Once you have identified one or more principles about the Lord, it is time to personalize what you've read. How does this truth about God in Scripture (and the verses that support it) impact your life and requests? The final step is to pray. Take the passage and write it in your own words as a prayer. Focus on the truth about God and integrate any personal requests.

If you come up short, try integrating the ACTS model of prayer:

- Adoration
- Confession
- Thanksgiving
- Supplication (Requests)

Adoration is "adoring" the goodness of God; repeating back the truth about Him and His acts.

Confession is bringing our sins and fears to the Lord, keeping "short accounts" with God and accepting Christ's forgiveness over us.

Thanksgiving is exactly what it sounds like: giving thanks!

Supplication is the act of placing requests before the throne of God. Many of these types of prayer come up naturally when reading and praying the psalms.

I hope this practice of praying Scripture brings new joy and purpose to your prayer life, as it did mine.

-P/M



Psalm 1:1-3

- ¹ 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!
² Instead, his delight is in the Lord's instruction,
and he meditates on it day and night.
³ 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

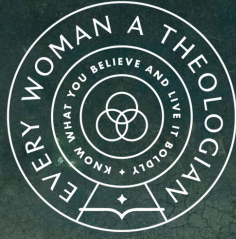
When I root myself in God's truth I have
what I need for every season.

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.



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