

Prayer: Upward, Inward, Outward Praying the Bible

The Bible is the best guide to help us pray Upward, Inward, and Outward!

Why Pray the Bible?

1. The Bible helps us learn to speak God's language
2. God's words are powerful
Genesis 1; Psalm 33: 6-9; Isaiah 40:9
3. Scripture helps us pray creatively
4. The Bible helps align our prayers with God's heart
John 14:13; 15:16; 16:23; Isaiah 55:9
5. The Bible helps transform us as we submit to it in prayer
2 Timothy 3:14-17

Ways to Pray the Bible

1. Pray Bible prayers
2. Recite scripture prayerfully
3. Ask God for specific verses for specific people or situations
4. Lectio Divina
5. Use any passage to guide your prayers: Upward, Inward, and Outward

Praying the Bible: Upward, Inward, Outward Questions to Ask Yourself and God

1. Upward Prayer

What am I learning about God?

How have I experienced God in these ways?

- God I praise you that you are _____. I have seen you be _____ when _____.
- God thank you for _____. Thank you for _____ in my life.
- God you hate _____. Thank you for sharing your heart with me. I lament _____ with you.

2. Inward Prayer

What am I learning about myself, those close to me, and my church?

- What does God want me to ask for me, for us?
- What does God want me to confess and repent from?

3. Outward Prayer

How does this passage challenge me to intercede for other?

- Prayer for BOB (Burden, Opportunities, and Boldness)
- Who am I called to pray for?
- What specifically does God want me to pray?

Lectio Divina

The ancient art of slowly reading, praying, and contemplating the Bible. We offer ourselves to God and receive Him through His word. We allow the Scripture to unite us with God.

1. *Lectio* – Reading/Listening

- Find a comfortable position and become silent
- Read or listen slowly in a spirit of silence and awe
- Listen for God's still small voice in a word or phrase that "speaks" to you

temptation: to go beyond simple listening and try to figure out why the segment holds meaning to me

2. *Meditatio* – Meditation

- "Ruminate" on the passage (Luke 2:19)
- Memorize and/or repeat the word or phrase
- Where does this passage touch your life today?
- Allow it to interact with your inner world of thoughts, hopes, memories, desires, and ideas

temptation: to go beyond contemplating where the word is touching my soul and try to figure out what I am supposed to do

3. *Oratio* – Prayer

- Dialog with God using words, ideas, or images
- Interact with God as with one who loves and accepts you
- Allow the word to touch and change your deepest real self
- Offer to God whatever he is revealing and transforming in your heart and whatever he is inviting you to do

temptation: to deflect what God is showing me with knowledge of what the passage means

4. *Contemplatio* – Contemplation

- Rest in God's presence and transforming embrace
- Enjoy words or silence
 - Be open and receptive to His presence

Sample of Bible Prayers

Moses: Exodus 32:11-14; 33:12-23; Numbers 6:24-26

Hannah: 1 Samuel 2:1-10

David: 2 Samuel 7:18-29; 22:2-51; 1 Chronicles 17:16-27; 29:10-19

Solomon: 1 Kings 3:6-9; 8:23-53; 2 Chronicles 1:9-10; 6:14-42

Elijah: 1 Kings 18:36-37

Jabez: 1 Chronicles 4:9-10

Ezra: Ezra 9:6-15

Nehemiah: Nehemiah 9:5-37, 10:30-39

Job: Job 42:1-6

Psalms:

3 Deliverance

4 Distress

5 Help!

6 Mercy

7 Refuge

10 Where are you Lord?

12 Injustice

13 How long?

17 Hear me!

19 God is great!

20 Blessing for others

22 Forsaken

23 Shepherd

25 Hope

26 Vindication

27 Stronghold

51 Forgiveness

Jesus: Matthew 6:9-13; 26:39-44; Mark 14:35-40;

Luke 11:2-4; 22:41-44; John 17

Paul: Romans 15:13; Ephesians 1:15-19a; 3:14-21;

Philippians 1:3-7; Colossians 1:3-14; 2 Thessalonians 1:11-12