

## David: Praying through the Psalms

Pass out Half index cards with pairs of numbers from 1-150 on them (this will be the Psalm that they partner up and pray through at the end of the service).

Praying through a Psalm is one of my favorite ways to pray. Raise your hand if you have done this before?

We'll all be able to raise our hands by the time the night is over.

I want to teach you a way of praying that can be used with any scripture but are especially useful in the Psalms.

David had an amazing prayer life:

He loved to pray to God, even from a young age and he was called, "a man after God's own heart," because of his constant connection with God.

What are some things we know about David's prayer life?

He sang

He prayed in beautiful places

He wrote his prayers down (and that was a lot more difficult then)

He was brutally honest with God

He prayed in all kinds of situations (Repentance Psalm 51, In Hiding Psalm 142, In Praise Psalm 145)

Our prayers can easily become routine and then we question their worth and eventually stop praying because it gets boring.

It's no wonder that God made the largest book in the bible a book full of prayers and he placed it dead center so you can always go there when you need inspiration.

Here's how you pray through a Psalm -

- 1) Read the whole Psalm if possible first to get a feel for the context.
- 2) Read one verse or even one line at a time
- 3) Then meditate and talk to God about that line - use it as a jumping off point for your prayers - take your time with each line and let your heart lead you into prayer without boundaries

Example - Pray through Psalm 23

Now have everyone pray 3 verses each from the Psalm that they received

The End!