

PRAYING THE PSALMS

Version 12.03.18

Introduction

David was a man after God's own heart. His ability to pray was a work of art and an intimate communication with God. He would come to God with his problems and before the prayer was over, he would be praising God for the answer. God would respond to the beginning of David's prayer and David would praise God with the truths God had just given him.

We all have wounds. Many of those wounds have been shut off from God and even ourselves. Time doesn't heal. It just buries the problems and obscures their influence from our mind. Our heart is still damaged; but, we often can't pinpoint the location of the pain. Here the Psalms are being used to bring all the past and present wounds before God. Issue by issue they are being presented to God so He can heal them. Every closed door is being opened up and God is being invited in. A request is being made to God asking for healing for each damaged area. By the time the prayer is over, God has healed that area and has supplied miracles in its place.

I have placed my prayer under each verse and have expressed the issues from my heart. As I go down each verse, I read it and then take the subject expressed and either put it in my own words or I create a prayer on the same subject. I am using each verse to help me look down into my own heart and see what God is trying to deal with for that moment. If I came back and went over the same verses at another time, I would probably write down different prayer issues. It all has to do with me getting out before God the heart concerns that are buried there. This procedure brings subjects expressed in the Psalms before me and encourages me to consider whether or not they express heart damage lodged in my heart. If I weren't using the Psalms, I might not ever think about praying for that particular subject.

The words below each verse may or may not express your individual situation. However, you can still use the example to show you how to develop your own prayer. Feel free to use this material in any way that is helpful to you. Even if it is a source for you to disagree with, it has served a purpose. Use it or create one of your own for each Psalm. You will most likely find this system to be a real blessing to you. It can help you pray and allow God to talk back to you. Let Him heal, bless, and inspire you to a whole new method of prayer and meditation.