

# PRAYING THE PSALMS

Version 23.11.16

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 problem and obscures its 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 the heart concerns that are buried there out before God. 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.

## PSALMS 1 - 5

### PSALM 1

Lord, I want to be **righteous**.

**Psa 1:1 (NIV)** **Blessed is the man who does not walk in the counsel of the wicked or stand in the way of sinners or sit in the seat of mockers.** God, help me not to live my life according to the advice of the wicked or worldly. I commit myself to your counsel. Even when the counsel of the world sounds like the perfect answer, I ask for your guidance and power to not yield to it. Help me not to live my life after the patterns and systems of sinners. Let me be an influence on the sinner rather than being influenced by the sinner. Help me not to join in with those who are gossiping, talking bad about others, sharing people's faults and shortcomings, and enjoying it when people fail or fall.

**Psa 1:2 (NIV)** **But his delight is in the law of the LORD, and on his law he meditates day and night.** Help me to enjoy the concepts of your Word. Help me to want to know them and live my life by them. Help me to read, study, memorize, and use Your Word for all the decisions of my life. Give me the power to have Your Word in my life in such a way that it becomes the thoughts and guidance of all my days and my nights.

**Psa 1:3 (NIV)** **He is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither. Whatever he does prospers.** Lord, I have to have Your blessings. The streams of Your Holy Spirit are vital to my moment-by-moment survival. And, they are vital to all I do to minister to others. I and the people around me are counting on the streams of water of Your Spirit to bless, nourish, and empower us. Let the results of Your streams of water be a fully developing Christian life and ministry. Let all that I am and all that I do bring glory to You. Let people see the fruit of Your Spirit and the growth brought about in my life as a mighty work by Your supply. Make it possible for everything I do to prosper for the growth of my life, the meeting of the needs of Your people, and the salvation of the lost.

**Psa 1:4 (NIV)** **Not so the wicked! They are like chaff that the wind blows away.** Heavenly Father, I pray for the wicked that Your Holy Spirit would convict them of their sins. I ask that they would see the folly of their ways, repent, and turn to You. Help them to see how their wickedness is ruining their lives. Make it possible for them to come to their senses and accept Jesus as the Lord and Savior of their lives.

**Psa 1:5 (NIV)** **Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous.** My God, help these people to get a glimpse of the judgment day. Give them a clear picture of where they are heading. Help us to present the Gospel message to them. When they hear Your message. Give them the ability to understand and respond to it. Let their hearts be transformed before it is too late.

**Psa 1:6 (NIV) For the LORD watches over the way of the righteous, but the way of the wicked will perish.** Bless the lives and ministries of Your people, oh God. Protect them from the efforts of those used by Satan. Let all the wicked who will not turn to You to be thwarted in all their efforts to circumvent the preaching of the Gospel and the spread of its message. Block the efforts of the wicked and prosper the efforts of Your people.

## PSALM 2

I want a mighty move of **salvation** to come to the whole world.

**Psa 2:1 (NIV) Why do the nations conspire and the peoples plot in vain?** God help me to understand that all the efforts and plans of people and groups in high places aren't in control. Help me not to be impressed with their power, positions, and influences. Give me the ability to see them in comparison to You. Let me always see Your greatness and their insignificance. I need Your revelation that You are completely in control and my faith should always be in You. I accept Your deliverance of all fear of men and governments as to what they might try to do to me. I must obey You and all You require of me regardless of the consequences. I surrender my life and ministry to You and You alone.

**Psa 2:2 (NIV) The kings of the earth take their stand and the rulers gather together against the LORD and against his Anointed One.** I am glad I am on Your side, God. These people are fighting a losing battle. I thank You that You opened my eyes and helped me see where victory lives. I pray against all powers and authorities that pit themselves against You. As they try to stop You, they are also trying to stop Your message to the people under their leadership. Let their leadership be thwarted and their efforts fail. Let the manifestations of Your work and Word be proclaimed around the world. Let all You have to offer go forth regardless of all their plans and resistances.

**Psa 2:3 (NIV) "Let us break their chains," they say, "and throw off their fetters."** Tighten Your chains. Increase Your fetters, mighty God. Bring all their power and influences into the accomplishing of the assignment You have given us. Because they have accepted these leadership positions, they no longer can claim their free-will rights. They are trying to block off the free will of many who want You. Bind the leaders so that the people can choose You. Let every person everywhere hear Your gospel message and receive ample opportunities to respond to it freely.

**Psa 2:4 (NIV) The One enthroned in heaven laughs; the Lord scoffs at them.** God, let Your laughter resonate through us. Let us represent Your scoffing as we move forward in spite of all their disdain and conniving. Give us all an opportunity to proclaim the gospel and all the promises You have made to the people of this earth. Let us go out into all nations and present the fullness of Your Word to all who will listen. Help us to feel Your laughter of derision. Help us see and feel how insignificant all their resistance is. Make us so unimpressed that we never allow anything they do cause us to deviate from the plan You have set before us.

**Psa 2:5-6 (NIV)** Then he rebukes them in his anger and terrifies them in his wrath, saying, "I have installed my King on Zion, my holy hill." The installation of Your Son on Your holy hill has established the total victory over all efforts to stop His leadership being offered to all. We accept Him as our King. We bow our knees before Him and listen to His every command. We obey Him and His teaching. We follow His every Word. Your Holy Spirit is leading us into all truths and we are living and ministering them. It is a privilege to serve Him in all ways.

**Psa 2:7 (NIV)** I will proclaim the decree of the LORD: He said to me, "You are my Son ; today I have become your Father. We have received our sonship through His Sonship. We praise You mighty God for the privilege of being Your children. Thank You very much for adopting us through Your Spirit of adoption. You are the awesome God! We love You and dedicate ourselves to praising You throughout the ceaseless ages of eternity.

**Psa 2:8 (NIV)** Ask of me, and I will make the nations your inheritance, the ends of the earth your possession. We have received the ministry of Jesus into our lives and ministry. The work He started in His flesh He is free to do in and through our bodies. Our bodies are a vessel of Your Holy Spirit. The Holy Spirit is taking the things of Christ and showing them to us. We agree with all that the Holy Spirit is showing us. We yield to all that Jesus did; and we give our bodies over to Him to do them again in our generation. Let the Christ Who inherited the nations speak to the nations. Let everything He wants to say and do flow through us to them.

**Psa 2:9 (NIV)** You will rule them with an iron scepter ; you will dash them to pieces like pottery." Prepare the nations for Your rule, dear Jesus. Prepare their hearts for receiving You as their Lord and Savior. Make those who resist You be few. May You only have to dash the few who rebel against You to pieces. Find great faith among the nations mighty God. Let all people and tongues accept and worship You. Help us to obey the Great Commission and plant the seeds of the gospel in every heart. Help us to water it with the life and power of Your Holy Spirit. Let a supernatural work be done in all lives on this earth. Let Your rule in all our lives be one of great submission, love, and obedience.

**Psa 2:10-12 (NIV)** Therefore, you kings, be wise; be warned, you rulers of the earth. Serve the LORD with fear and rejoice with trembling. Kiss the Son, lest he be angry and you be destroyed in your way, for his wrath can flare up in a moment. Blessed are all who take refuge in him. I pray for all the leaders of all governments, dear God. I pray that they listen to this warning and heed it. Change as many leader's hearts as are willing to be changed. Help them to submit their leadership to Your Lordship. You are the King of kings and the Lord of lords. Help all leaders to see this and give their lives and ministry over to You. If they won't, my God, replace them with those who will submit to you. Give us leadership that will make it as easy as possible to spread Your gospel message and all the words of the Bible to every person on earth.

## PSALM 3

I want to listen to Your words rather than people's opinions.

**Psa 3:1 (NIV) A psalm of David. When he fled from his son Absalom. O LORD, how many are my foes! How many rise up against me!** Dear Heavenly Father, there are times when friends let us down. They are people we trusted and gave our heart to. These people hurt us the most because they are people we love and we thought loved us. The question keeps coming in my mind: "How can they love me and treat me like they do?" I wonder what is wrong with me that even my friends turn against me. When my friends turn on me, it seems as though others do the same. Help me not see all this as a group decision. Help me to take each person and each issue before You individually.

**Psa 3:2 (NIV) Many are saying of me, "God will not deliver him." Selah** My friend thinks they are justified in their behavior. They may be thinking that they represent Your truth. They think You will not help me because I don't deserve Your miraculous help. And, that is true. I don't deserve Your help. But, Your grace makes Your help a sure thing in my life. Help me not to agree with them concerning Your help. I can't live without Your deliverance.

**Psa 3:3 (NIV) But you are a shield around me, O LORD; you bestow glory on me and lift up my head.** This answer of deliverance isn't about my being worthy. It is about Your great love, grace, and mercy. You are my complete protection from the hurtful words, actions, and attitudes that are coming against me. I feel Your love. I know You care for me. Your opinions mean a lot more to me than ten thousand people. As long as You are my shield around me, I can survive any attacks people make against me. Not only will I survive, I will experience Your glory on me. I will bask in the greatness of Who You are. You and Your glory are enough of a relationship to make up for any and all friends who turn against me. Because of Your blessings on my life, I can feel You lifting my head up from depression, sadness, discouragement, frustration, feelings of defeat, feelings of rejection, and loneliness.

**Psa 3:4 (NIV) To the LORD I cry aloud, and he answers me from his holy hill. Selah** It is great being able to come to You with all of my problems. I know You always understand and have the power to heal me. I am crying out to You not just to complain. I am crying out to You so as to be healed. I am coming to You, not because I want something bad to happen to them. I am approaching You for deliverance from all feelings of unforgiveness and desires for revenge. Help me to be healed of all resentment and help me to forgive. I know You have heard me and are answering me from heaven.

**Psa 3:5 (NIV) I lie down and sleep; I wake again, because the LORD sustains me.**

I believe You will heal my swirling thoughts. You will help me to stop thinking about what has happened to me. You will give me rest and peaceful sleep. I lie down with complete trust in You. I know You will take care of the whole situation without me worrying about it. I put the matter into Your hands and refuse to take it back again. I know You will be able to do a better job than I can. I rest in the knowledge that You are all wise and all powerful. I know You will get the job done.

**Psa 3:6 (NIV) I will not fear the tens of thousands drawn up against me on every side.**

God, not one or ten thousand can bring enough against me to exceed the freedom You have provided. Your love is greater than ten thousand that hate me. Your forgiveness is greater than ten thousand that hold me guilt. Your blessings are greater than ten thousand that wish evil to happen to me. Your acceptance means more to me than ten thousand who reject me. You are all I need.

**Psa 3:7 (NIV) Arise, O LORD! Deliver me, O my God! Strike all my enemies on the jaw; break the teeth of the wicked.** For those who will not turn from their wicked activities against me, bring them down. You have called me to be used for Your glory to help the needy. You have made me an instrument for You to bless Your people. If my enemies take me down, I won't be able to do the ministry You have called me to do. If they persist in trying to stop me and the ministry You have called me to, then destroy the weapons they are trying to use against me. I not only ask this for me; but, for all Your people. Destroy those who try to destroy them. Your work must not be hindered in the slightest. Take away the power and influence of the wicked on all the earth.

**Psa 3:8 (NIV) From the LORD comes deliverance. May your blessing be on your people. Selah.** We, Your people, look to You for all our needs. You are our deliverer. We only survive by means of all Your blessing on us. We can't live without them. Pour out great blessings on all of us. Help us to share those blessings with one another and with the needy of this world. May Your blessings be on all Your people, mighty God.

## PSALM 4

I want to totally put all my **trust** in You, God.

**Psa 4:1 (NIV) For the director of music. With stringed instruments. A psalm of David. Answer me when I call to you, O my righteous God. Give me relief from my distress; be merciful to me and hear my prayer.** You are the only answer to all my problems, God. All other "solutions" are just temporary relief; or, they are false hope. I know You are the only One Who love me. Thank You for not giving me what I deserve. Thank You for giving me grace. Thank You for being open to all my prayers. It is such a blessing to have You right there waiting for my every call. What would I do if You were not there to bless and heal my life?

**Psa 4:2 (NIV) How long, O men, will you turn my glory into shame ? How long will you love delusions and seek false gods ? Selah**

I am so sorry that we have not turn to You and served You like we should. I know we hurt Your reputation in the eyes of those who don't know You. Forgive us God for letting other things take Your place. You deserve our total worship and praise. Help me spend more time with You.

**Psa 4:3 (NIV) Know that the LORD has set apart the godly for himself; the LORD will hear when I call to him.** Make me godly before You, mighty God. You are so loving and faithful to us. You never let us down. Help us to stop letting You down. I call out to You right now for a better relationship with You. I want all You have to offer. You always hear me when I call out to You. I want to always hear You when You talk to me. Help me to be just as faithful to You as You are to me.

**Psa 4:4 (NIV) In your anger do not sin; when you are on your beds, search your hearts and be silent. Selah.** Help me to not let the sun go down with me still in anger. Help me to stay awake at night and seek You. Help me to wake up early and let You search my heart. Help me to not just talk to You. Help me to listen to what You have to say. You are so incredibly wise. You have a lot more important things to say than I do. I want to hear Your wisdom, understanding, and knowledge. I live by means of the truths You speak into my life. Your truth sets me free from the desires of the body, the pleasures of the world, and the temptations of the devil. Thank You very much for Your truths.

**Psa 4:5 (NIV) Offer right sacrifices and trust in the LORD.** Give me Your power to offer obedience as a sacrifice to You. Anoint me with the Holy Spirit so I can present my body as a living sacrifice to You. I put all my faith, trust, reliance, and dependence on You and all You have to offer. You are wonderful and I love You very much.

**Psa 4:6 (NIV) Many are asking, "Who can show us any good?" Let the light of your face shine upon us, O LORD.** We look in all the wrong places for something to help us with our life. Forgive me God for not always turning to You for everything. Let me see Your greatness and beauty. So transform my heart that I see You as everything good. I really don't want anything that comes from somewhere else. I can only trust You to filter out those things that would hurt me. Help me to always see that truth and live by it. Light up my life so I can see You and Your good and reject everything else.

**Psa 4:7 (NIV) You have filled my heart with greater joy than when their grain and new wine abound.** The things You have to offer as I walk in Your Spirit are so much better than the things of this world. The joy I get from serving and obeying You bring me more pleasure than all the pleasures the world has to offer. Keep me from being confused about the difference. Let me see the greatness of Your joy and hate the things of this world. They never did and they never will satisfy my heart. You and all You have to offer are the only things that blessed me and have never stopped blessing me.

**Psa 4:8 (NIV) I will lie down and sleep in peace, for you alone, O LORD, make me dwell in safety.** I relax in Your hands, my God. There is nothing that can happen to me that You don't allow. I trust You with all my circumstances. Nothing is too big for You. You are in charge of my life. You take care of all my needs. You are watching over me. You are protecting me from all harm. You are resisting all my enemies. You are blessing me with all the riches in glory. I go to sleep knowing that everything is taken care of by You. I live in the safety of Your power and love.

## PSALM 5

I turn all my **problems** and my **enemies** over to You, God.

**Psa 5:1 (NIV) For the director of music. For flutes. A psalm of David. Give ear to my words, O LORD, consider my sighing.** Lord, I face many issues that distress me. I have a tendency to take life's problems on myself. I don't know why. But, I worry about things that I know You will handle. I come to You right now and present my situation before You. I know You care and I know You will respond.

**Psa 5:2 (NIV) Listen to my cry for help, my King and my God, for to you I pray.** This isn't a cry for help where I feel You won't respond, God. I believe in all Your great love and concern for Your people. This is a cry for help because I know You are the real answer to my problems. I cry to You because You are the God of my life and the King of all my issues. I pray to You so as to give all my worries and fears over to You. Since I have You available to me, there is no reason for me to be concerned.

**Psa 5:3 (NIV) In the morning, O LORD, you hear my voice; in the morning I lay my requests before you and wait in expectation.** Help me to always start my day with presenting myself and all my day to You. Then let me expect You to be with me all day long. Direct my attention to You and all the answers to my prayers. Deliver me from praying and then not being willing to see the great miracles You work in response to those prayers. I will wait with great expectation for a close relationship with You and miracles in all my circumstances. Then when the relationship grows and miracles come, I will praise You for it all.



**Psa 5:4 (NIV) You are not a God who takes pleasure in evil; with you the wicked cannot dwell.** Sins hurt my relationship with You, God. Set me free from anything that is not pleasing to You. I thank You for the salvation Jesus purchased for me. Thank You for adopting me into Your family and making me Your child. Thank You for setting me free from a full record of sins. Thank You for crediting Your righteousness to my account. If that had not happened, I wouldn't be able to gain Your pleasure or dwell in Your presence.

**Psa 5:5 (NIV) The arrogant cannot stand in your presence; you hate all who do wrong.** Set me free from pride and self-dependence. Teach me to always look to You for all spiritual growth and blessings. I lay my job, my education, my talents, and my skills before You. I accept Your strength, knowledge, understanding, and wisdom in their place. Let the mind of Christ be superimposed over my mind. Give me Your plans, thoughts, and abilities. I need You in all I am and all I do.

**Psa 5:6 (NIV) You destroy those who tell lies; bloodthirsty and deceitful men the LORD abhors.** I believe You will handle all my enemies. I trust You to take care of those who lie against me. You know the truth in these situations. A lot of the time I feel like I have to vindicate myself. Often I am tempted to try to defend myself. I know You will fight against those who lie. I am sorry I don't leave my reputation and my future in Your hands. You already abhor those who hate, assassinate people's character, and live deceitful lives. I know You have asked me to leave these things in Your care. Help me to love my enemies; and, leave the rest to You.

**Psa 5:7 (NIV) But I, by your great mercy, will come into your house; in reverence will I bow down toward your holy temple.** God, I don't want to just come to You with my problems. I want to present them and then move on into a love relationship with You. I want to praise You for all Your grace and mercy. You have already done so much for me. I don't want to receive any answers to my prayers and not add it to my praise list. I don't want to take anything You do for granted. I want to praise You constantly for all You have, are, and will do for and through me. I enter Your presence and bow down in complete reverence for how awesome You are. You are so powerful, complete, and have no needs. Yet, You have decided to care about me. There is no reason You had to direct Your attention my way. But, You not only love me You were willing to die for me as well. You are a wonderful, spectacular God! I love You very much!

**Psa 5:8 (NIV) Lead me, O LORD, in your righteousness because of my enemies-- make straight your way before me.** Don't let those who fight, agitate, and resist me to alter my direction of life. I give You my attention. Make Your directions clear to me. Help me see the way You want me to go. Keep me focused on the things You want me to be thinking about. Direct me toward the activities you want me involved in. Protect me from being a reaction to those who are against me and You. I don't want them dominating my thoughts. I want You and Your will to occupy all of my thoughts and decisions.

**Psa 5:9 (NIV) Not a word from their mouth can be trusted; their heart is filled with destruction. Their throat is an open grave; with their tongue they speak deceit.**

They are the way they are. Nothing I can say or do will make them change. If I argue, defend myself, reason with them, fight them, or try to get even with them; it will not help. Only You can change them or thwart their efforts. I put them in Your hands and look to You to empower me to show Your love to them.

**Psa 5:10 (NIV) Declare them guilty, O God! Let their intrigues be their downfall. Banish them for their many sins, for they have rebelled against you.** If they will not repent and change, then I ask that You make a judgment against them. Pronounce Your verdict. Take the plans they had for me and let them fall into their own trap. If they refuse to live Your way, then let them be condemned so they can't keep me from doing the work and living the life You have called me to live. Protect all Your people from these type of people.

**Psa 5:11 (NIV) But let all who take refuge in you be glad; let them ever sing for joy. Spread your protection over them, that those who love your name may rejoice in you.** Lord, I see You as the defender of my life and circumstances. Rather than protecting myself I turn to You for protection. You are so much more qualified to protect me and deal with the offenders. I am so glad that You take care of all these issues. It gives me time and the kind of attitudes to praise You. Being protected by You causes me great joy and inspires singing. My praises and songs of praise are much more heart felt when my trust is in You. I ask for Your constant protection. I give the protecting of myself over to You. I get out of Your way so You can start protecting me Your way. I dedicate myself to spending my time expressing my love for You and all You are doing.

**Psa 5:12 (NIV) For surely, O LORD, you bless the righteous; you surround them with your favor as with a shield.** I believe that You have heard and answered my prayer for protection. I believe You have made me righteous through Your Son, Christ Jesus. Since I have Your righteousness, I believe that You are blessing me. I believe You have surrounded me with Your favor like a shield. Thank You very much for the blessings, protection, and the peace that comes from it.