



Midweek Study

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Strategies for Prevailing Prayer

Praying the Bible

In Dr. Donald Whitney's book *Spiritual Disciplines for the Christian Life*, he states "Discipline without direction is drudgery."

I. THE PROBLEM

Our problem in prayer is . . . we say the same old things about the same old things.

Our problem is not that we pray *about* the same old things. To pray about your . . .

- Family
- Future
- Finances
- Work or schoolwork
- Church or ministry
- And the "current crisis" is normal. If you're going to pray about your life, these things *are* your life.

So our problem in prayer is not that we pray *about* the same old things, but that we *say* the same old things about the same old things.

II. THE SOLUTION

What's the solution? Whatever it is, it must be fundamentally simple. For God has children of all ages, IQs, educational levels, etc. If He expects (and invites) all His children to pray, then consistent, meaningful prayer must be doable by all kinds of people.

Here's the solution: when you pray, pray through a passage of Scripture, especially a Psalm.

III. THE METHOD

Let the words of Scripture become the words of your prayers.

Simply go through the passage, line-by-line, praying what you find in the text or what it brings to mind. If nothing comes to mind, or if you don't understand the verse, go to the next. You might choose to linger long on one verse. Conversely, there may be only a handful of matters that prompt prayer as you go through many verses. Nothing says you have to pray over every verse.

Continue in this way until (1) you run out of time, or (2) you run out of Psalm.

“Psalms of the Day” Approach

By praying through a passage of Scripture, you'll find yourself praying about most of “the same old things,” but in brand new ways. You'll also find yourself praying about things you would never think to pray about.

The testimony of George Mueller.

The observation of Charles Spurgeon.

The examples of Jesus in Matthew 27:46 and Luke 23:46 and the church in Acts 4:23-26; 31.

IV. THE CONCLUSION

Jesus prayed the Psalms. The early church prayed the Psalms. Great Christians like George Mueller prayed the Psalms. Why not you?