

Pray the Scriptures

Some texts from the Psalms

Psalms

1:1-3

18:1-3

19

23

27

34

37:1-6, 23-25

42

46

51:10-17

73:21-26

84:1-2, 10

86:11-13

91

103

112

141

Some texts from the New Testament

Matt. 20:25-28

Mark 11:22-26

John 8:31-36

Acts 2:42-47

Rom. 8:28-32

Rom. 12:1-3

1Cor. 10:13

1Cor. 12:4-7

1Cor. 15:57-58

2Cor. 9:6-11

Eph. 6:10-18

Phil. 4:4-9

Col. 3:12-17

Col. 2:6-7

1Thess. 5:16-18

1Peter 2:9-12

1John 2:15-17

Rev. 4-5

Please cut the page in half and keep the top half as a prayer guide.

The empty space after the Bible references is to give you space for notes you may want to make on those verses.

You can also see this list, with notes, on pp. 105–106 of Prayer Power.

You can pray these verses verbatim, quoting them as you pray and calling on the Lord to do what his Word says.

You can personalize them by reading them in first person for a greater sense of personal application.

You can paraphrase them in your own words.

Using Scripture when we pray is always beneficial.

A Brief Biblical Introduction to Fasting

by Dr. Peter Lundell

Walnut Blessing Church of the Nazarene

Fasting is a physical way of humbling oneself before God.

Fasting says to God, "I'm serious about this!"

Because a hungry stomach carries humble, earnest prayer into the tangible, physical realm, it brings about a brokenness before God that can come in no other way.

Therefore, fasting is often a key factor of spiritual breakthrough.

Strictly speaking, fasting is refraining from eating, not to lose weight, but to intensify one's seeking of God.

- ✓ In a "dry fast," you would not eat or drink anything at all.
- ✓ In a "total fast," you would not eat anything but would drink liquids. This is the most common fast. People generally drink water or also drink fruit or vegetable juice. You can fast one meal a day, a whole day, several days, or longer.
- ✓ In a "partial fast," you would abstain from certain types of food, for example meat or non-essentials, etc. (see Daniel 9:2-3).

Broadly speaking, fasting can be seen as the voluntary denial of a normal function for the sake of intensified spiritual activity.

- ✓ This means you can fast anything.
- ✓ The point is it's a sacrificial focus on God, where you would otherwise have indulged yourself or given your attention to something else.

Fasting is feasting on God. Start where you're at and go from there. God knows your heart.

Fasting in the Bible is done for several main reasons

Mourning.....Nehemiah 1

Repentance and humbling of oneself.....Daniel 9; Jonah 3:5

Petition.....in times of distress.....2 Chronicles 20:1-4; Esther 4:14-16
for healing.....Samuel 12:15-17
for guidance, or understanding.....Exodus 24:12-18
for protection.....Ezra 8:21-23; Acts 13:2-3
when beginning a new ministry.....Matthew 4:1-2

See Isaiah 58:6-14 and Matthew 6:16-18 for insights on the right attitudes of fasting.

What Is Lectio Divina?

Lectio Divina is a Latin term that means “divine reading.” It is a way of reading Scripture in which we let go of our agendas and preoccupations and open ourselves to what God wants to say to us.

Lectio Divina is a traditional way of internalizing Scripture, allowing the Word of God to penetrate our hearts, so that we may grow in an intimate relationship with God.

Lectio Divina has been practiced for centuries. Many in our day are now rediscovering it.

The steps of Lectio Divina are not rules of procedure but rather guidelines as to how the prayer normally develops. Keep it simple.

Whether we “do it right” is secondary. The main thing is to place ourselves before God in the text of Scripture and ask him to speak to us.



Lectio Divina is *not* a substitute for Bible study or biblical exegesis. It is a merely way of meditating on God’s Word in prayer.

Lectio Divina

Preparation

- Quiet yourself and ask God to speak to you.
- It’s not up to you whether God speaks to you. If he does, great; if not, no worries.

1. Reading

- Read the text slowly and thoughtfully.
- Read it again out loud.
- Read it a third time slowly, paying attention to the word, phrase, or concept that God has impressed on you. You may read it in first person to personalize it.

2. Meditation

- Take the word, phrase, or concept that God has impressed on you. Repeat it and absorb it into your heart and mind.
- Be aware of any emotions, memories, or images that surface in you.

3. Prayer

- Read the passage slowly a fourth time and focus on that word or phrase.
- Interact with God as you would with one who you know loves and accepts you. Tell him about what has emerged for you during this time. Ask God about things you don’t understand.
- Then listen for what God seems to communicate to you.

4. Contemplation

- Simply rest in the Word of God and God’s presence.
- Listen at the deepest level of your being to God, who speaks with a still, small voice, and allow what he speaks to deepen and expand within you.