

PRAYER GUIDE

Praying
Scripture

Praying Scripture

Prayer is one of the most important things we can do as Christians. Prayer provides us with an opportunity to engage the Lord in five ways:

1. Personal Connection: Prayer is a way to feel connected to the Lord and experience a sense of purpose greater than themselves.
2. Spiritual Growth: Prayer deepens our spiritual lives and connection with our faith.
3. Gratitude: Prayer provides us with an opportunity to express gratitude and thankfulness for the blessings in our lives.
4. Supplication: We can turn to God in times of need or hardship, asking for guidance, strength, or help.
5. Worship: It is an act of worship and devotion to God.

One of the ways we can engage the Lord through pray is by using Scripture as our prayer guide. The Word of God is one of the most valuable tools we have to build a dynamic daily prayer life. It brings power, truth, and encouragement to our prayer time.

Let's begin with King David's Psalm 23. Take a moment to read it, and then use the prayer below as a way to use the psalm to have a conversation with God.

SCRIPTURE:

The Lord is my shepherd; I shall not want. He makes me lie down in green pastures. He leads me beside still waters. He restores my soul. He leads me in paths of righteousness for his name's sake. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies; you anoint my head with oil; my cup overflows. Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the Lord forever.

PSALM 23 (ESV)

SAMPLE PRAYER:

“God, You are my Provider, and I know You will take care of me. Thank You for guiding me to places of rest. You are my source of energy and passion. You keep me going and lead me toward a life of purpose and freedom. I know that even when I experience my darkest seasons of life, I have nothing to be afraid of because You are with me. Your presence and power are a constant comfort to me. I know that You are preparing the way for me and I know that the enemy will not have victory over me because You are taking care of me. I know that You have blessed me, and I thank You for choosing me and giving me a purpose filled life. Your blessings are so much more than I could ask for. I know that You are good, God, and that You are with me all the days of my life. You have chosen me, and I am forever grateful. Thank you for everything Lord. Amen.”

In the following section, we will use several Scriptures and provide sample prayers for each. You can use the samples as your prayer, or you can make it as personal as you like. You will find the most benefit when you pray the Scriptures that God is showing you in His Word. Take time to highlight or underline sections that stand out to you and pray through it in your current season of life.

SCRIPTURE:

Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.

JAMES 4:8 (ESV)

SAMPLE PRAYER:

“Heavenly Father, You’ve said in your word that when we ask you to forgive our sins you cleanse us of all unrighteousness. You promise us that if we come before you with a clean heart, you will draw near to us. I come before you today Father asking to forgive me (name what you’re asking Him to forgive). Clean my heart so I can draw near to you. I need more of Your presence today, and I am drawing near to You through prayer, worship, and reading Your Word. I open my heart to You and ask You to be near to me and change me to be more like You. Amen.”

SCRIPTURE:

Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting!

PSALM 139:23-24 (ESV)

SAMPLE PRAYER:

“Father God, I ask You to search my heart. If You find anything in me that is offensive, please show me and help me remove it from my life. Teach me to love others well and live a life that points people to You. Help me live my life on earth in a way that impacts eternity. Amen.”

SCRIPTURE:

But seek first the kingdom of God and his righteousness, and all these things will be added to you.

MATTHEW 6:33 (ESV)

SAMPLE PRAYER:

“Your Word tells me that if I seek first Your Kingdom and Your righteousness, You will lead me to a life of blessing, purpose, and freedom. I am Yours today, God, and I give this day to You. Help me to focus on Your priorities first—sharing Your love, making Your Name known, and loving the unloved. I know that by focusing on You and Your heart for others, rather than myself, I will receive joy and peace. Help me become a better witness for you. Amen.”

SCRIPTURE:

Humble yourselves before the Lord, and he will exalt you.

JAMES 4:10 (ESV)

SAMPLE PRAYER:

“God, You have promised that if I humble myself before You, You will lift me up. I recognize today that I cannot succeed on my own, and I need You in every moment. I humble myself before You, and I ask You to work in and through me today. My time, efforts, thoughts, and words are Yours today (name specific parts of your day and give them to God). Show me what I don’t know, and help me grow in the knowledge of You and Your heart for people. Use me for Your purposes, Lord. I trust that You will be with me and lift me up. Amen.”

SCRIPTURE:

for God gave us a spirit not of fear but of power and love and self-control.

2 TIMOTHY 1:7 (ESV)

SAMPLE PRAYER:

“Father, I know You have not given me a spirit of fear or timidity, but one of power, love, and self-discipline. When my mind feels out of control, I pray that You will renew my spirit and let power, love, and self-discipline fill me. Help me look more like You every day. With confidence that Your power lives in me, give me boldness to confront the enemy and anything I see in the world that does not reflect Your heart. Thank You for breaking the spirit of fear off my life, and I receive the truth that You have given me a sound and healthy mind. Amen.”

SCRIPTURE:

And we know that for those who love God all things work together for good, for those who are called according to his purpose.

ROMANS 8:28 (ESV)

SAMPLE PRAYER:

“God, You promise me in Your Word that in all things You work for my good. Right now, there are circumstances in my life that don’t feel good and that I can’t see an ounce of good in (talk to God about what’s causing you difficulty or pain). Even though this is how I feel, I choose to believe Your truth over my feelings. When You say You will work in all things for my good, I believe You. Even in situations that seem hopeless, I know You are working on my behalf and that You want more for me than I could ever want for myself. Thank You for having a purpose for me and for working all my circumstances for good. Amen.”

SCRIPTURE:

Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.

PSALM 62:8 (ESV)

SAMPLE PRAYER:

“Father, in Your Word You invite me to pour out my heart to You. You are my refuge, and I know that anything I think, feel, or do is okay to bring to You. Knowing that You are a safe place for me, I come to You and give You everything on my heart (talk to God about the specific things that are on your heart today). From what is worrying me to what is delighting me, for what I hope for to what I’m afraid of, I bring it all to You because I know I can trust You. Help me and guide me in every area, in Jesus’ name. Amen.”

SCRIPTURE:

The Lord will open to you his good treasury, the heavens, to give the rain to your land in its season and to bless all the work of your hands. And you shall lend to many nations, but you shall not borrow.

DEUTERONOMY 28:12 (ESV)

SAMPLE PRAYER:

“Lord, I believe You have everything I need and You want to bless me. You tell me in Your Word that You will open the heavens to bless the work I do. I know that without You, I can do nothing. I ask that You help me. I give my work and my efforts to You. May it be for Your glory alone so that others may see Your power and goodness at work. Amen.”

SCRIPTURE:

For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

ROMANS 8:38-39 (ESV)

SAMPLE PRAYER:

“God, I am in awe of Your love for me. You are so great, and I am so small, yet You love me fully. I remind my soul today that nothing can separate me from Your love—I am so grateful! There is nothing I can do to win or lose Your love; You love me without condition. Because I know nothing on earth, in time or space, or anything in existence can separate me from Your love, I will live confidently and peacefully knowing I have always been and will always be fully loved by You. Amen.”

SCRIPTURE:

no weapon that is fashioned against you shall succeed, and you shall refute every tongue that rises against you in judgment. This is the heritage of the servants of the Lord and their vindication from me, declares the Lord.

ISAIAH 54:17 (ESV)

SAMPLE PRAYER:

“Lord, I know that the enemy will never succeed against me because I am Your child. I feel pressure in my life right now, and sometimes I feel as though life will overcome. Even though I feel this way, in faith, I believe you will help, guide, and provide for me. Thank you for loving me. Amen.”

SCRIPTURE:

do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

PHILIPPIANS 4:6-7 (ESV)

SAMPLE PRAYER:

“Father, my heart feels anxious (tell God what is giving you anxiety). I’m coming to You knowing that You provide calm for my soul. I thank You that I am fearfully and wonderfully made in Your image. I lay down all worries, all my physical and mental anxiety, and any attempt at trying to control it all (tell Him the things you are laying down right now). I surrender it all to You. I need You. I pray that Your peace will be evident in my heart and my life. Guard my heart and mind, God. I trust that You are faithful, and I receive Your peace in my life today. Amen.”

SCRIPTURE:

For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

JEREMIAH 29:11 (ESV)

SAMPLE PRAYER:

“God, I try to make so many plans for my life, but I know Your plans for me are best. Thank You for loving me enough to have a plan for my life. I am confident knowing that I serve a God who cares about my life. I want to find You every day, and You say that if I seek You with all my heart, I will find You. I know that You see the big picture and You know what is better for me than I do. I trust You, and I ask You to guide me toward Your plans. Amen.”

SCRIPTURE:

Keep your life free from love of money, and be content with what you have, for he has said, “I will never leave you nor forsake you.”

HEBREWS 13:5 (ESV)

SAMPLE PRAYER:

“Father, I am so comforted by the fact that You will never leave me. You are always with me, and I am safe with You. As I go through my life and take on each new situation, I’m comforted by knowing I’m not alone because You are by my side. Help me feel Your presence. When I feel uncertain or afraid, I pray You will comfort me through Your Holy Spirit and remind me that I am never alone because You, the Almighty God, have promised to always be with me.”

SCRIPTURE:

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

MATTHEW 11:28-30 (ESV)

SAMPLE PRAYER:

“Lord Jesus, I am so tired and worn out (tell God the areas where you’re tired and weary). Life feels hard, and I feel like I can’t keep up my current pace. You invite me to come to You when I am weary, and I fall at Your feet for rest, peace, and perspective. Show me where I am trying to do things on my own. Show me where I need to rest instead of strive. Teach me Your ways. Show me how to walk in gentleness, humility, and rest. I know Your ways are higher than my ways, and I pray that You will transform my heart and mind to be more like You. Amen.”

SCRIPTURE:

He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the Lord, “My refuge and my fortress, my God, in whom I trust.”

PSALM 91:1-2 (ESV)

SAMPLE PRAYER:

“God, I come to you to dwell in Your shelter and to rest in Your shadow. You alone are my refuge and fortress. You are my God and I trust You. When I face anything that brings me uncertainty or fear (confess these things to Him), I know that I can come to You as my safe place. Thank You for Your strength and protection in my life. Amen.”

SCRIPTURE:

Your kingdom is an everlasting kingdom, and your dominion endures throughout all generations. The Lord is faithful in all his words and kind in all his works. The Lord upholds all who are falling and raises up all who are bowed down.

PSALM 145:13-14 (ESV)

SAMPLE PRAYER:

Almighty God, I believe and trust in Your Word. I praise You for Your character. Trustworthy, faithful—that is who You are. I thank You that I can trust You to be faithful to me. I know that when I come to You with humility and a surrendered heart that You will lift me up. Amen.”

