

Let's try praying like this...

### {#3 – Biblical Prayer}

#### What's it like?

It's like finding places in the Bible where people are praying, and seeing if that prayer fits you and what you're going through. It's sort of like an encyclopedia of prayer, except instead of looking up facts, you're looking up people and their experiences – God's people experiencing issues not too different from our own.

#### What's it for?

It's for finding words of prayer when you're not sure what to pray. It's for getting more familiar with the Bible, the story of God and God's people, and finding your place in that story. It's for finding biblical characters you can relate to, and applying their prayers to your situation.

#### When could I use it?

You could use it any time you're reading your Bible. You could use it whenever you're stuck coming up with words to pray with. You could use it whenever you feel some Bible déjà vu, like if what you're going through seems familiar to something you read in the Bible. Use your imagination!

#### Where could I use it?

You could use it anywhere you have a Bible to read. Or, if the Bible prayers stick in your head, you could use it anywhere your head is! The more Bible stories you know, the more situations and places you can use the Bible prayers.

#### How it works...

Well, read your Bibles and circle or underline the places where you see people praying. And as you build up your Bible know-how, use one of these "cheat-sheets" – that is, reference guides. (: You can't just read the words, though; you have to read the story around them so that you understand why the Bible person is saying their prayer in the first place. Once you get *why* they're praying, you can use that prayer when it applies to your life. Study Bibles are helpful when it comes to learning these stories.

#### Try it!

Look up a few of the Bible passages on the sheet and the bigger stories surrounding them. Find one Bible prayer and story that seems to fit you, even if only a little bit. Take your time finding a story or two that works for you. Then say that prayer for yourself, kind of like: "God, remember when So-and-so prayed this to you? I'm feeling kind of the same way....[insert prayer here]." Or find any Bible story, prayers or not, that fits your need for prayer.

#### What did you think?

Learning goal: To understand that there is nothing you might be going through that God can't handle. God wants you to talk to Him about it. In fact, when you start reading these Bible prayers, you can see that even if the details of the situation change, God's people have always had problems – or joys – that they lift up in prayer.

A random and very incomplete sampling of prayers or pray-able passages in the Bible

Exodus 15.1-18 – Celebration!

Deuteronomy 6.4-9 – Guidance (called the “Shema” [pronounced shay-ma], Hebrew for “Hear”)

1 Samuel 2.1-10 (3.10) – Praise & thanksgiving, then trust

1 Chronicles 4.10 – Ask for blessing (called the “prayer of Jabez”)

Job 40.4-5 - Humility

Psalms – Lots of themes, including hymns, kingship, complaints, thanksgiving, wisdom, combinations

1, 13, 20, 22, 23, 26, 42, 47, 51, 98, 100, 103, (119), 121, 130, 137!, 150

Isaiah 6.8 – Open-ness

Matthew 5.3-11 – Asking God to teach you His ways (called the Beatitudes)

Matthew 6.9-13, Luke 11.2-4 – The Lord’s Prayer, Bible version

Matthew 26.39, 42; Mark 14.36; Luke 22.42 – Trusting in God even when you don’t really want to

Luke 1.46-55 – Trusting in God’s promises (Mary’s song, called the “Magnificat”)

Luke 1.68-79 – Praise & thanksgiving

Luke 2.29-32 – Thanks and asking for rest

Luke 4.18-19 – Asking to help do God’s will

John 1.1-18 – Awe and wonder

Romans 8.31-36 and 37-39 – Trusting God and asking God to help you believe it

1 Corinthians 13.4-13 – Asking God to teach you how to love others (this one is popular at weddings)

2 Corinthians 5.16-21 – Perspective & tolerance

Ephesians 1.3-14 – Awe at God’s awe-someness

Ephesians 3.14-21 – Asking God for strength and knowledge

Philippians 2.5-11 – Asking God to be like Jesus

Philippians 4.8-9 – Asking God for pure thoughts and guidance

Philippians 4.10-13 – Asking God for contentment

Colossians 1.9-14 – Asking to live a worthy life

Colossians 1.15-20 – Awe at God’s awe-someness

Colossians 3.12-17 – Help getting along with each other

1 Thessalonians 5.12-24 – How to live life and be happy about it

1 John 3.1-3 – Identity

Revelation 21.3-4 - Hope

Revelation 22.1-5 – Knowing that God will overcome no matter what

Or, any Bible story you know where the people in it are going through something like you’re going through. Open up your Bibles, get reading, and find your place in God’s story, even if that place keeps changing!