

## Practical Prayer Points

I hope you find this helpful in your spiritual walk--your prayer life, to be specific.  
 "Pray without ceasing" - 1 Thessalonians 5:17

As I'm sure I mentioned multiple times in our class on prayer last year, I often struggle with **exactly what to say** in my private prayer life. A lot of that may have to do with my "OCD," however it seems to me that anyone who wants to please God has most likely wondered the same thing at various points in their life.

We know that He knows what we're thinking, and knows our heart. Jeremiah 17:10 says, "I the LORD search the heart and test the mind." Jesus Himself said, in Matthew 6:8, "your Father knows what you need before you ask." And to give us even more confidence that we can pray to God, and he'll hear us whether we *say it right* or not, Romans 8:26 says, "the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans."

Now, maybe that should be enough to put my mind at ease, but.....it's not. Ha! It IS enough to put my *faith* at ease. i.e. --I have faith that if my heart is right, my prayers will be too, even if I don't *feel* good about my exact wording. But we are told to love God with our MINDS (& hearts, & souls). For ME, (it may not be this way with you, and that's ok!) to love God with my MIND, I want to *say it right*.

And with that, I thought I'd share with you something I've been doing for a few months now, which also makes a great Bible study technique. It's a spreadsheet I keep, and add to, every time I read the Psalms. (It could also be a document--whether digital or something you keep in a notebook or journal.) What I am doing is reading through the Psalms with my focus being, "What can I draw from these inspired writings that will help me word my prayers in a way that I'm comfortable pleases God?" As I read, I pick out certain [exact] phrases that seem like they'd be useful and practical in my private prayers. Here is an excerpt from my ongoing record.

	A	B
1		
2	Psalm	
3	4	Look on [me] with favor, Lord [Yahweh]. HCSB
4		You alone, O LORD [Yahweh], make me to dwell in safety." NASB
5	5	Give ear to my words, O LORD, Consider my groaning.
6		Heed the sound of my cry for help, my King and my God, For to You I pray.
7		I will bow in reverence for You.
8	6	Be gracious to me, O LORD, for I am pining away
9		Save me because of Your lovingkindness.
10	55	Hear my prayer, oh God
11		Please listen and answer
12	54	God, save; defend; hear; listen

As I use the phrases in prayer, I highlight it (in this case, light green). And I call it "Practical Prayer Points from Psalms."

And, as a Bible study tool, can be used in *any* part of the Bible you choose to read.

May God bless you in your endeavor to serve Him!

Glenn Blankenship