

## PRAYER IN THE PSALMS

### Prayer Quotes

"What the church needs today is not more machinery—or better, not new organizations or methods, but men whom the Holy Ghost can use, men of prayer, men mighty in prayer." E.M. Bounds

"Talking to men for God is a great thing, but talking to God for men is greater still." E.M. Bounds

"Satan trembles when he sees the weakest Christian on his knees." William Cowper

"If you want that splendid power in prayer, you must remain in loving, living, lasting, conscious, practical, abiding union with the Lord Jesus Christ." Charles Spurgeon

"Prayer does not fit us for the greater work; prayer is the greater work." Oswald Chambers

"Our prayers lay the track down which God's power can come. Like a mighty locomotive, his power is irresistible, but it cannot reach us without rails." Watchman Nee

"Prayer is the open admission that without Christ we can do nothing. And prayer is the turning away from ourselves to God in the confidence that He will provide the help we need. Prayer humbles us as needy, and exalts God as wealthy." John Piper

"The key to praying with power is to become the kind of persons who do not use God for our ends but are utterly devoted to being used for His ends." John Piper

### Prayer in the Psalms

#### **The Prayer of Thanksgiving**

Thanking God for what He has done.

Psalm 100:4; Psalm 78 recounts and thanks God for what he has done for Israel—though they strayed

#### **The Prayer of Examen**

This is the prayer for God to search us and cause greater trust in him and greater purity. It is for him to take an exam of our heart and soul and refine us so that we may trust in him in greater ways.

Psalm 139:23-24; Psalm 26:2; Psalm 19:14

### **The Prayer of Repentance**

The sorrow for sin and the desire to turn from evil and back to God in heart, mind, and actions.

Psalm 32:1-7; Psalm 51

### **The Prayer of Distress**

Pouring out frustration to God. Being real with him, bringing your anxiety and hurts. Pray this when you feel alone, abandoned, when God seems to not be hearing you or acting.

Psalm 88; Psalm 13; Ps 22:1-5

### **The Prayer of Illumination**

Asking God to fill the soul with desire for His word. Prayer for understanding and insight into the depths of God's word, ways, laws, commandments. This is a gift of the Spirit!

Psalm 119 is full of this desire for God to give insight and fill the soul.

(18)—show me wonder. (105)—illuminate my path. (14-16)—delight, fix eyes, not forget

### **The Prayer of Salvation**

Asking God to act on one's behalf to save, work, be victorious, be mighty on one's behalf.

Prayer for God's salvation from enemies. Prayer for God to execute his righteous judgment against those who oppose him and his people. This often connected with trust and hope in God.

Psalm 31:1-5; Psalm 56:1-4; Psalm 71:1-3

### **The Prayer of Waiting**

Asking God to give you patience and trust in the midst of waiting on him.

Ps 62:5-8; Ps 27:13-14; Ps 130:5-6

### **The Prayer of Adoration**

Praising God for who He is.

"Adoration is the yearning of the heart to worship, honor, magnify, and bless God for who he is." Richard Foster

Psalm 145, Psalm 103

### **Discussion Questions**

1. What are some obstacles or hindrances to prayer?
2. How have you kept your prayer life fresh in the past? What motivates you toward prayer? Share ideas.
3. Scan through the types of prayer in the Psalms. Pick one or two and spend some time praying together.