

SIMPLE SCRIPTURAL PRAYERS

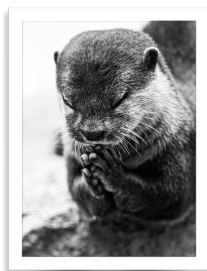
In the morning, O Lord, you hear my voice;
in the morning I lay my requests before you
and wait in expectation. Psalm 5:3

Because God is wise and loving, like any good
parent, he will not give things that will harm us or
others.

When you ask, you do not receive,
because you ask with wrong motives. James 4:3

May the word of Christ
dwell in me richly in all wisdom; Colossians 3:16

Use this space to write your own favourite scriptural
verse to use in prayer.



SIMPLE SCRIPTURAL PRAYERS

These can be used slowly and repetitively to help
you still yourself, to use as simple prayers or said
before as an introduction into prayer - your
conversation with God. Some have been edited to
make them easier to use this way.

To you, O Lord, I lift up my soul. Psalm 25:1
I thirst for the living God. Psalm 42:1
For God alone my soul waits in silence Psalm 62:1
It is for you, O Lord, that I await. Psalm 38:15
O God, you are my God, I seek you. Psalm 63:1
Bless the Lord, O my soul. Psalm 103:1

O God, do not be far from me;
O my God, make haste to help me! Psalm 71:12

Teach me your way, O Lord,
that I may walk in your truth;
give me an undivided heart
to revere your name. Psalm 86:11

Lord, I do believe;
help me overcome my unbelief! Mark 9:24

Create in me a clean heart, O God,
and renew a right spirit within me. Psalm 51:10

Make your face shine on your servant,
save me in your steadfast love. Psalm 31:16

I give to the Lord
the thanks due to his righteousness,
and I sing praise to the name of the Lord,
the Most High. Psalm 7:17

PRAYER

A conversation between two people;
YOU AND GOD



Activities of the day want our immediate attention
and pull us in many directions. Often prayer is the
last thing we have time for but the bible says,...
*"Don't worry about anything; instead, pray about
everything. Tell God what you need, and thank him
for all he has done."* Philippians 4:6

Sometimes what we need is some simple quick
words to use in prayer. Here are some suggested
ways to pray.

GO AHEAD. REACH OUT TO HIM IN PRAYER TODAY!

THE BENEFICE OF STOURDENE
Ettington, Alderminster, Halford,
Pillerton Hersey with Pillerton Priors,
Newbold on Stour with Armscote,
Butlers Marston,

A BLESSING PRAYER

It can often be difficult to find the words or know what to say in prayer for someone else. This form of prayer uses your fingers and thumb to lead you in prayer for another person.

The *thumb* points up towards God, so we pray for their relationship with God.; that they would:

- grow in spiritual wisdom and understanding
- receive a greater awareness of his acceptance and forgiveness
- have time to rest in his loving embrace.



The *index finger* points forward, so we pray for their future.

We pray that they would:

- be guided to make the right choices for their future
- have clarity of mind
- have wisdom and courage in facing challenges.

The *middle finger* is at the centre, so we pray about the relationships at the centre of their lives. We pray that they would have:

- good, loving and encouraging relationships
- close friends that they can truly open up to
- good relationships in work and the communities they interact with

The *ring finger* often wears gold or a precious metal, so we pray for their finances and work. We pray they would:

- have work that is satisfying, challenging and joyful
- be blessed by the work they do
- have the money they need to maintain a good lifestyle
- have wisdom in how they manage their finances.

The *little finger* is the smallest and weakest, so we pray for their fitness and health in body mind and spirit. We pray for:

- wholeness and healing
- peace of mind about any challenges they face.

THE BREATH PRAYER

The Breath Prayer comes from the Hebrew word *ruach*, meaning 'wind', 'great', or 'spirit'. This form of prayer comes easily and as naturally as breathing, and reminds us that each *ruach* of God is with us always.

This is a personal prayer, unique to you and your situation and for that reason your Breath Prayer may change depending on what's happening in your life. It's a quick simple easy prayer to use at any time in any place.

1. Become aware of God's presence.

Sit comfortably and be still and calm. Close your eyes and enter into God's loving presence. *'Be still, and know that I am God'* Psalm 46:10.

2. Become aware of God's voice.

With eyes closed, imagine God is calling you by name.

'I have called you by name, you are mine.' Isaiah 43:1

Hear God asking you: " (Your name), what do you want? What do you really want?"

3. Talk to God.

Answer God with whatever comes from your heart.

- it may be a single word such as peace, joy, clarity or forgiveness.
- it may be a phrase or brief sentence, such as *"I want to feel your forgiveness"* or *"I want to feel your love."* Whatever your response it will be in the heart of your prayer.

4. Name God.

Select your preferred name for God or the one you want to use for this prayer.

God, Jesus, Lord, Father, Mother, Shepherd ...

5. Form your prayer.

When you combine your name for God with your answer to God's question of "what do you want?", you have your own personal breath prayer.

Here is an example...

- what I want is God's presence;
- my name for God is Lord;
- my breath prayer might be: *"Lord be with me, I need you."*

