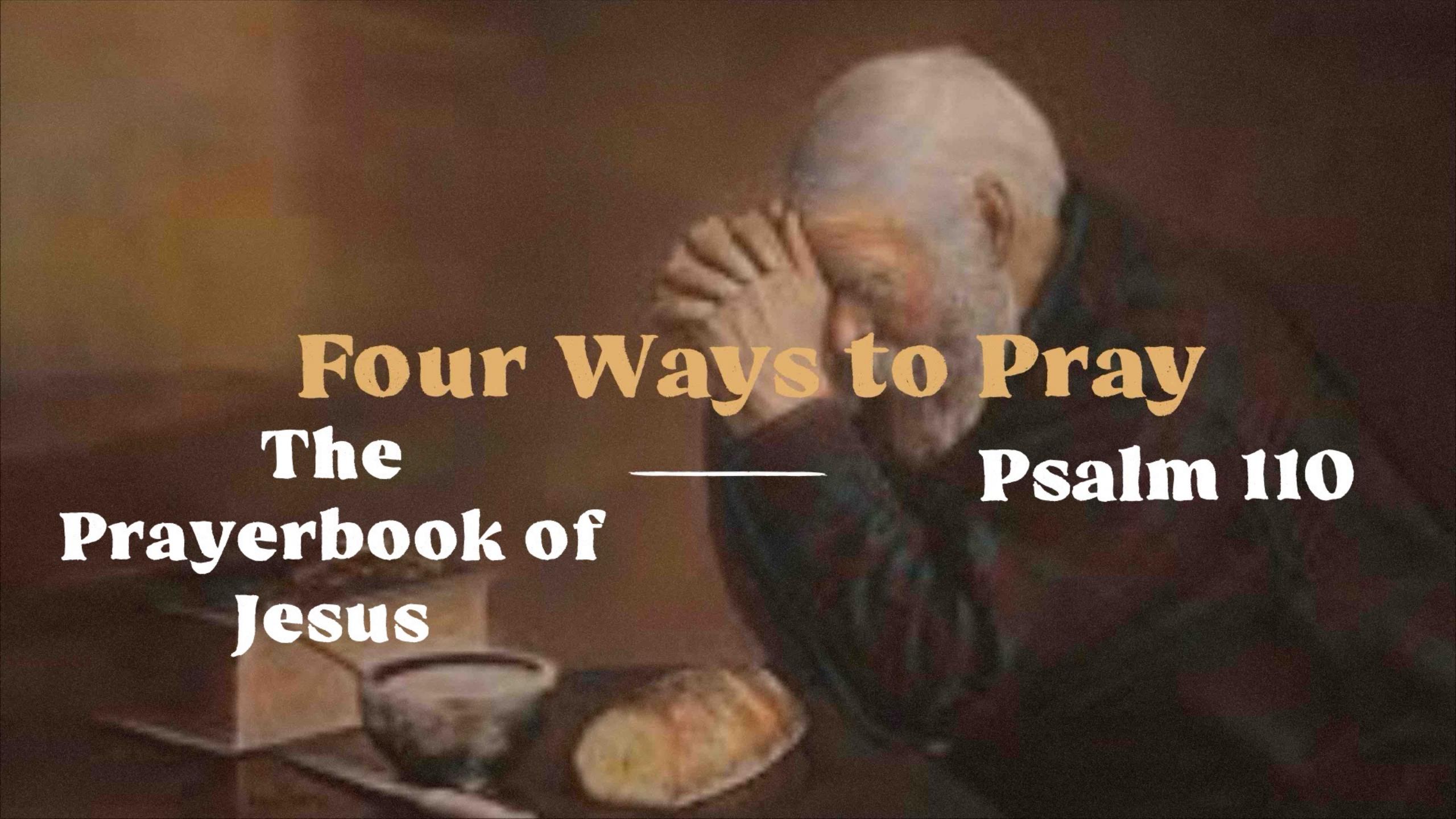
A man with a shaved head and a dark beard is kneeling in prayer, his hands clasped together. He is wearing a dark, textured robe. In the foreground, on a table, there is a chalice and a small loaf of bread. The background is dark and out of focus.

# Four Ways to Pray



# Four Ways to Pray

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## The Prayerbook of Jesus

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## Psalm 110

1) The Dilemma:  
How do I pray without  
ceasing?

**Rejoice always, pray constantly, give thanks in everything; for this is God's will for you in Christ Jesus.**

**1 Thess. 5:16-18**

There is no fear in love; instead, perfect love drives out fear, because fear involves punishment. So the one who fears is not complete in love. We love because he first loved us.

1 John 4:18-19

Therefore, since we have a great high priest who has passed through the heavens—Jesus the Son of God—let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but one who has been tempted in every way as we are, yet without sin. Therefore, let us approach the throne of grace with boldness, so that we may receive mercy and find grace to help us in time of need.

**Hebrews 4:14-16**

In the same way the Spirit also helps us in our weakness, because we do not know what to pray for as we should, but the Spirit himself intercedes for us with inexpressible groanings. And he who searches our hearts knows the mind of the Spirit, because he intercedes for the saints according to the will of God.

**Romans 8:26-27**

Who is the one who condemns? Christ Jesus is the one who died, but even more, has been raised; he also is at the right hand of God and intercedes for us.

**Romans 8:34**

He is able to save completely those who come to God through him, since he always lives to intercede for them.

**Hebrews 7:25**

**Prayer is not a place to be good,  
it is a place to be honest.**

**Prayer is not a place to perform,  
it is a place to be present.**

**Prayer is not a place to be right,  
it is a place to be known.**

**Prayer is not a place to prove your worth,  
it is a place to receive worth and offer  
yourself in truth.**

**Kyle Strobel**

- 1) The Dilemma
- 2) A Proposal:  
Pray the Bible!

PRAYING

THE

BIBLE

DONALD S. WHITNEY

“It could well be entitled a “Little Bible” since everything contained in the entire Bible is beautifully and briefly comprehended, and compacted into...a Manual. It seems to me as if the Holy Ghost had been pleased to take on himself the trouble of putting together a short Bible...touching the whole of Christianity...in order that they who are unable to read the whole Bible may nevertheless find almost the whole sum comprehended in one little book...the Psalter is the very paragon of books.”

**Martin Luther**

This is the declaration of the Lord  
to my Lord:  
“Sit at my right hand  
until I make your enemies your footstool.”

**Psalm 110:1**

He asked them, “How is it then that David, inspired by the Spirit, calls him ‘Lord’:

The Lord declared to my Lord,

‘Sit at my right hand

until I put your enemies under your feet’?

“If David calls him ‘Lord,’ how, then, can he be his son?” No one was able to answer him at all, and from that day no one dared to question him anymore.

**Matt. 22:43-46**

“God has raised this Jesus; we are all witnesses of this. Therefore, since he has been exalted to the **right hand** of God and has received from the Father the promised Holy Spirit, he has poured out what you both see and hear. For it was not David who ascended into the heavens, but he himself says: The Lord declared to my Lord, ‘Sit at my right hand until I make your enemies your footstool.’

Therefore let all the house of Israel know with certainty that **God has made this Jesus, whom you crucified, both Lord and Messiah.**”

**Acts 2:32-36**

About three in the afternoon Jesus cried out with a loud voice, “**Eli, Eli, lemá sabachtháni?**” that is, “My God, my God, why have you abandoned me?”

**Matt. 27:46**

My God, my God, why have you abandoned me?  
Why are you so far from my deliverance  
and from my words of groaning?

**Psalm 22:1**

But I am a worm and not a man,  
scorned by mankind and despised by people.  
Everyone who sees me mocks me;  
they sneer and shake their heads  
“He relies on the Lord;  
let him save him;  
let the Lord rescue him,  
since he takes pleasure in him.”

Psalm 22:6-8

For dogs have surrounded me;  
a gang of evildoers has closed in on me;  
they pierced my hands and my feet.  
I can count all my bones;  
people look and stare at me.  
They divided my garments among themselves,  
and they cast lots for my clothing.

**Psalm 22:16-18**

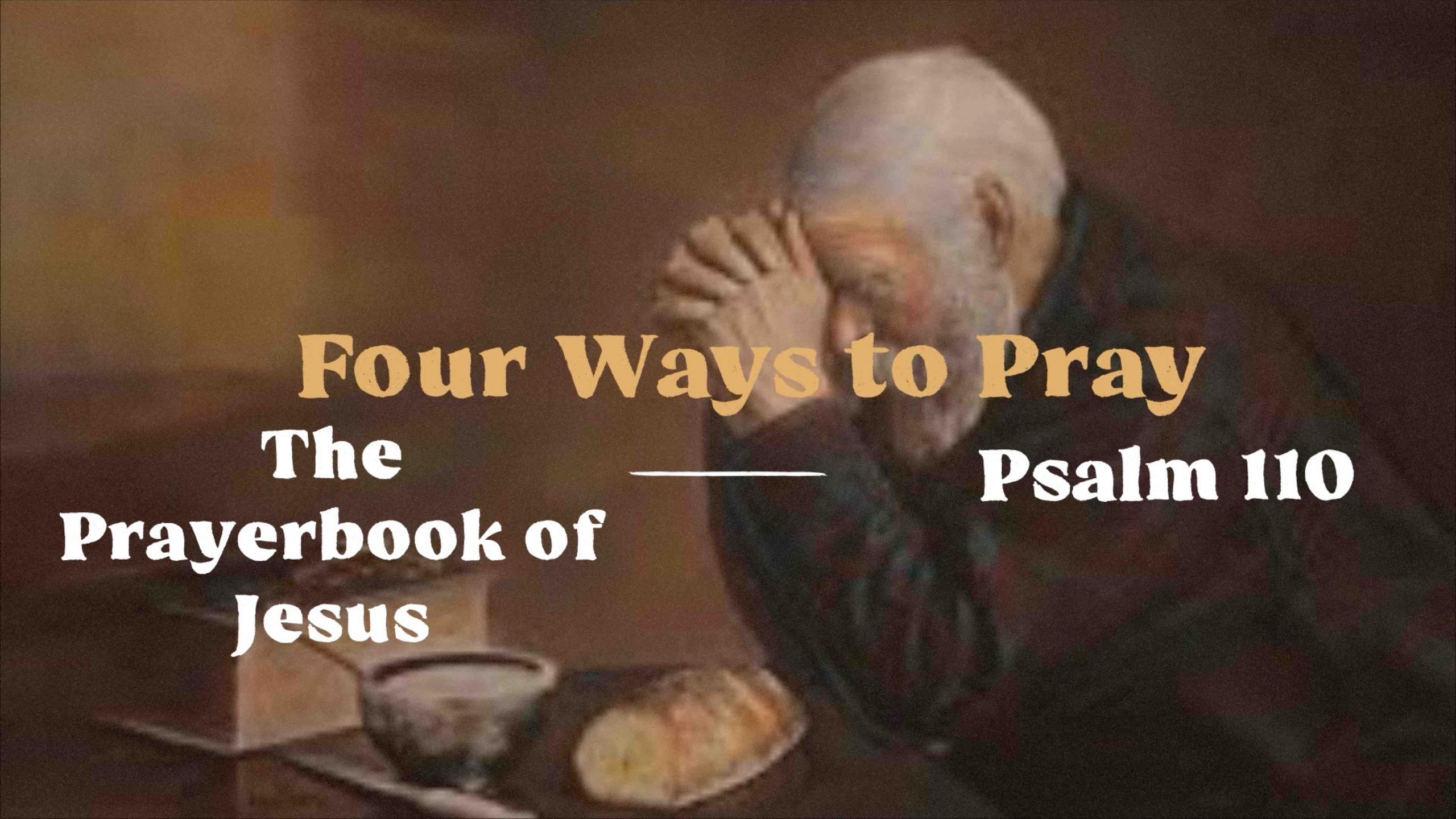
The Lord is my shepherd;  
I have what I need.  
He lets me lie down in green pastures;  
he leads me beside quiet waters.  
He renews my life;  
he leads me along the right paths  
for his name's sake.

Psalm 23:1-3

## January 4:

- 1)  $4 \times 5 = 20$   
(read Psalm 20-16)
- 2) 4, 34, 74, 104, 134

- 1) The Dilemma
- 2) A Proposal
- 3) The Outcome:  
Knowing the God of the  
Bible



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## Psalm 110