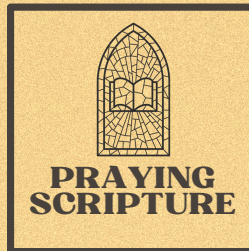


# FRAMES

PRAYING SCRIPTURE  
PASTOR DALE SWANSON

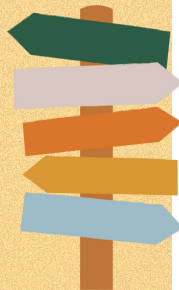
## Foundation Verse

*Ephesians 2:10: "For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them."*



## FRAME Questions:

1. **Is there a helpful guide to teach me how to pray?**
2. **Is there a way to help my prayers align with God's will?**
3. **Is there a way to grow my prayer life in both the amount of time I pray and in the spiritual content of what I prayer for?**



## OPENING IMAGE

Have you ever been out in the woods, or out on a trail, or walking somewhere new and gotten lost? This author has. In 10th grade on a backpacking trip in the Sierra Nevada mountains. At a cross-road, I was leaned against the sign and covered up the arrow telling me to go straight, so I we took a right turn and ended up over a mile off course. I had to spend the night alone until I could retrace my steps in daylight and find my way back to my group and my destination. According to Smoking Mountains.com wilderness hikers most often get lost because of three things: leaving the trail (41%), bad weather (17%) or falling off the trail (16%). Staying on the trail is clearly important when hiking and camping in the wilderness.



## Question #1

**Share about your prayer life or your experiences with prayer. Share how often you pray and perhaps some things that have helped you in your own experiences with prayer.**

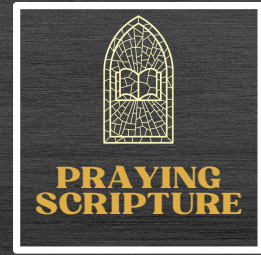
## Is There a Helpful Guide to Teach me How to Pray?

The short answer is yes. Scripture teaches us much about prayer, and one of the best ways to learn how to pray is by reading and using the Psalms. Martin Luther taught that the Psalms are really a book of prayer. We can use the Psalms to guide our prayers by looking at what is prayed in them. How is God addressed? What are the issues and items in those prayers that warrant being placed in Scripture for all eternity? In using the Psalms as a guide to our prayers

Dietrich Bonhoeffer said,  
*"The more deeply we grow into the psalms and the more often we pray them as our own, the more simple and rich will our prayer become."*



# FRAMES FRAMES FRAMES



The book of James in the bible says, “*You do not have because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.*” James 4:2b-3.

In our prayer life we clearly have permission to ask God to help us and to ask God for things we need.

James also says that some of us don’t get what we pray for because we have a wrong motive, or perhaps we are praying outside the will of God. Using the Psalms as a prayer guide, we can ensure that we are praying with the right motives and for the right will (because it’s coming from God and not me).

## Question #2 Read Psalm 1

Read the whole chapter and then look carefully at verses 1 and 2. According to verses 1 and 2, what should we pray about?

### Psalm 1

*1 Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, 2 but whose delight is in the law of the Lord, and who meditates on his law day and night. 3 That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither— whatever they do prospers. 4 Not so the wicked! They are like chaff that the wind blows away. 5 Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. 6 For the Lord watches over the way of the righteous, but the way of the wicked leads to destruction.*

## Question #3

### Read Psalm 1:3-4

What further issues and topics does this Psalm encourage us to pray for or about?

Verses 3 and 4 depict two types of people: those who meditate and love Scripture and those who are disobedient. It would seem appropriate to thank God in your prayers for the blessings that flow to us when we love and surrender to God’s word.

## Question #4

### Read Psalm 1:5-6

How can these verses guide you to pray? Perhaps for those who are in harm’s way? Or maybe to help you resist any temptations you might be facing?

## Final Activity

Take 10 minutes and prayer with a friend. Pray through Psalm 1. Divide it into 3 sections and pray for 2-3 minutes over each section.

## Taking it Further

Try reading another Psalm chapter in your Bible and use this same method of praying verse by verse with your own words.