

## Cultivation Notes | January 19, 2020

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## "Praying the Psalms using the WHBC model" Psalm 19

## **WORSHIP**

- Focus: God's Praiseworthy Attributes:
v.1
v.1
of Truth in Creation - vv. 2-6
As revealed in His word, He is:
- v.7
The of our souls - v.7
v.7
The source of v.7
- v.8
The source of v.8
v.8
The one who us - v.8
The one who us - v.8 To be v.9
v.9
v.9
v.9
Our ultimate v.9
- v.11
v.11 Knows our vv. 12, 14
Knows our vv. 12, 14
Declares us v.12
Delivers from v.13
Makes us v.13
Our v.14
Our v. 14
Possible prayer prompts:
Lord, thank You that I/we have Your glory in creation when
Your creation declares that You are, and so will I/we
I/we praise You that Your word is able to(based on vv. 7-11)
I/we praise You that Your word is more to me/us than
I/we praise You that You were my/our when
I/we praise You that You have me/us from

## **Cultivation Notes Continued**

HUMBLE
- Focus: Surrendering to God's will, as we listen to the Holy Spirit and follow Him.
I confess that I have often desired more than Your word.  I trust that You will deliver/keep me back from the sin of  I acknowledge that the words of my mouth were not acceptable to You when  I acknowledge that the mediation of my heart did not honor You when
BEG
- Focus: Declaring our trust by making a personal request involving resources and relationships.
I trust that You will my soul so that I will  I need Your today as I  Eternal God, give me grace to You and live a life when  I pray that the truth of Your word will produce in me so that  Give me grace to desire Your more than
Note: All of these can also be prayed in an intercessory fashion for another relative, friend, family or group.
CONQUER
- Focus: Put on the armor of God and claim God's promises for the battle.
I pray that I will obey the of Your word when I face  Remind me of the of obedience to Your word when the enemy tempts me to  I trust You will make me and innocent when the transgression of the world entices me to  Give me grace to trust You as my and when the enemy seeks to
Note: All of these can also be prayed in an intercessory fashion for another relative, friend, family or group.

(Adapted from Daniel Henderson, Strategic Renewal)