



WAIT  
LAMENT  
PRAISE  
LISTEN  
**SPACE**  
**TO PRAY**  
ADORE  
REST  
SEEK  
ASK  
BE



## **Welcome.**

We aim to increasingly become a church who are hungry for God, through prayer, faithfulness to the Bible and being filled with the Spirit, which is why we are encouraging you to spend time with family, with friends, or on your own, to pray.

**This resource** is to help us to learn to pray together, using the riches of scripture... Our hearts are not always reliable guides in prayer but the Bible always is. We've chosen a weekly scripture to use as a starting place for prayer. That way we can go on this journey together, whether you are able to attend a weekly prayer meeting, meet to pray with friends, or pray on your own, we'll all be praying as one using the same scripture. So make some time, alone or with other people, and open your Bible to the scripture for the week.

## How to Use This Resource

1. **Invite:** Ask the Holy Spirit to be with you and lift your eyes to God.
2. **Read:** Slowly read the passage. Notice:
  - What stands out?
  - What does it say about:
    - God (**Up**)
    - You (**In**)
    - The world (**Out**)
3. **Pray:**
  - Up** – *Praise and worship God*
  - In** – *Reflect, repent, listen*
  - Out** – *Pray for others, the church, the city*

Prayer is simply communicating with God, listening to his heart and laying our requests before him. It doesn't need to be complicated, just honest and based on who God is, which is why we start with scripture.

However much time you have set aside to pray, make sure that you spend at least 5 minutes reading the scripture and listening to the Holy Spirit before you start to speak. We are using themes from Psalm 23 to focus our prayers.

If you're praying with children, you can still use this format, but feel free to use a small section of the scripture passage, or just a line from Psalm 23 if that is more accessible.

## Overview

<b>Week beginning</b>	<b>Theme from Psalm 23</b>	<b>Scripture for the week</b>
<b>31st May</b>	The Lord is my shepherd, I lack nothing.	<b>Psalm 23</b>
<b>7th June</b>	He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul.	<b>Psalm 19 v 7-14</b>
<b>14th June</b>	He guides me along the right paths for his name's sake.	<b>Psalm 25 v 4-14</b>
<b>21st June</b>	Even though I walk through the darkest valley, I will fear no evil, for you are with me;	<b>Psalm 121</b>
<b>28th June</b>	your rod and your staff, they comfort me.	<b>John 17 v 9-19</b>
<b>5th July</b>	You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.	<b>Psalm 103 v 1-12</b>
<b>12th July</b>	Surely your goodness and love will follow me all the days of my life,	<b>Psalm 34 v 1-10</b>
<b>19th July</b>	and I will dwell in the house of the Lord for ever.	<b>Psalm 84</b>

## Week 1 Psalm 23

- 1 The Lord is my shepherd, I lack nothing.  
2 He makes me lie down in green pastures,  
he leads me beside quiet waters,  
3 he refreshes my soul.  
He guides me along the right paths  
for his name's sake.  
4 Even though I walk  
through the darkest valley,  
I will fear no evil,  
for you are with me;  
your rod and your staff,  
they comfort me.  
5 You prepare a table before me  
in the presence of my enemies.  
You anoint my head with oil;  
my cup overflows.  
6 Surely your goodness and love will follow me  
all the days of my life,  
and I will dwell in the house of the Lord  
for ever.

### ***Example prayers***

(Up) Thank you Father that you know me, guide me and love me.

(In) Please teach me to trust you.

(Out) Draw my friend ..... to you so that they can know you too.

## Week 2 Psalm 19 v 7-14

7 The law of the Lord is perfect,  
refreshing the soul.

The statutes of the Lord are trustworthy,  
making wise the simple.

8 The precepts of the Lord are right,  
giving joy to the heart.

The commands of the Lord are radiant,  
giving light to the eyes.

9 The fear of the Lord is pure,  
enduring for ever.

The decrees of the Lord are firm,  
and all of them are righteous.

10 They are more precious than gold,  
than much pure gold;  
they are sweeter than honey,  
than honey from the honeycomb.

11 By them your servant is warned;  
in keeping them there is great reward.

12 But who can discern their own errors?  
Forgive my hidden faults.

13 Keep your servant also from wilful sins;  
may they not rule over me.  
Then I will be blameless,  
innocent of great transgression.

14 May these words of my mouth and this meditation of my heart  
be pleasing in your sight,  
Lord, my Rock and my Redeemer.

### **Example prayers**

(Up) Thank you Lord God that your ways are perfect.

(In) Lord refresh my soul, teach me your ways.

(Out) Help Life Church to follow your ways that we might rejoice in you.

### Week 3 Psalm 25 v 4-14

- 4 Show me your ways, Lord,  
teach me your paths.
- 5 Guide me in your truth and teach me,  
for you are God my Saviour,  
and my hope is in you all day long.
- 6 Remember, Lord, your great mercy and love,  
for they are from of old.
- 7 Do not remember the sins of my youth  
and my rebellious ways;  
according to your love remember me,  
for you, Lord, are good.
- 8 Good and upright is the Lord;  
therefore he instructs sinners in his ways.
- 9 He guides the humble in what is right  
and teaches them his way.
- 10 All the ways of the Lord are loving and faithful  
toward those who keep the demands of his covenant.
- 11 For the sake of your name, Lord,  
forgive my iniquity, though it is great.
- 12 Who, then, are those who fear the Lord?  
He will instruct them in the ways they should choose.
- 13 They will spend their days in prosperity,  
and their descendants will inherit the land.
- 14 The Lord confides in those who fear him;  
he makes his covenant known to them.

#### **Example prayers**

(Up) Thank you Lord for your love, thank you that you are good and lead us in what is right.

(In) Lord help me to follow your ways.

(Out) Help us to demonstrate your love to Southampton.

## Week 4 Psalm 121

1 I lift up my eyes to the mountains –  
where does my help come from?  
2 My help comes from the Lord,  
the Maker of heaven and earth.

3 He will not let your foot slip –  
he who watches over you will not slumber;  
4 indeed, he who watches over Israel  
will neither slumber nor sleep.

5 The Lord watches over you –  
the Lord is your shade at your right hand;  
6 the sun will not harm you by day,  
nor the moon by night.

7 The Lord will keep you from all harm –  
he will watch over your life;  
8 the Lord will watch over your coming and going  
both now and for evermore.

### ***Example prayers***

(Up) Lord, thank you that you who made heaven and earth are the one who helps us.

(In) Help me look to you and not at the things that I'm finding hard.

(Out) Lord I pray for the Christian leaders in Southampton, would you be their help and strength.

## **Week 5 John 17 v 9-19**

(Jesus prays)

9 I pray for them. I am not praying for the world, but for those you have given me, for they are yours. 10 All I have is yours, and all you have is mine. And glory has come to me through them. 11 I will remain in the world no longer, but they are still in the world, and I am coming to you. Holy Father, protect them by the power of your name, the name you gave me, so that they may be one as we are one. 12 While I was with them, I protected them and kept them safe by that name you gave me. None has been lost except the one doomed to destruction so that Scripture would be fulfilled.

13 I am coming to you now, but I say these things while I am still in the world, so that they may have the full measure of my joy within them. 14 I have given them your word and the world has hated them, for they are not of the world any more than I am of the world. 15 My prayer is not that you take them out of the world but that you protect them from the evil one. 16 They are not of the world, even as I am not of it. 17 Sanctify them by the truth; your word is truth. 18 As you sent me into the world, I have sent them into the world. 19 For them I sanctify myself, that they too may be truly sanctified.

### ***Example prayers***

(Up) Jesus, thank you that you are praying for us. Thank you Father for your truth and that you sanctify us with your truth.

(In) Keep me safe from the works of the evil one.

(Out) Lord strengthen your church as you send us into the world.

## Week 6 Psalm 103 v 1-12

1 Praise the Lord, my soul;  
all my inmost being, praise his holy name.  
2 Praise the Lord, my soul,  
and forget not all his benefits –  
3 who forgives all your sins  
and heals all your diseases,  
4 who redeems your life from the pit  
and crowns you with love and compassion,  
5 who satisfies your desires with good things  
so that your youth is renewed like the eagle's.  
6 The Lord works righteousness  
and justice for all the oppressed.  
7 He made known his ways to Moses,  
his deeds to the people of Israel:  
8 the Lord is compassionate and gracious,  
slow to anger, abounding in love.  
9 He will not always accuse,  
nor will he harbour his anger for ever;  
10 he does not treat us as our sins deserve  
or repay us according to our iniquities.  
11 For as high as the heavens are above the earth,  
so great is his love for those who fear him;  
12 as far as the east is from the west,  
so far has he removed our transgressions from us.

### ***Example prayers***

(Up) Bless the Lord, O my soul, may everything in me bless you Lord

(In) Lord help me remember you in every moment, help me keep my eyes fixed on you.

(Out) Lord be glorified as your goodness is shown in us. I pray for my friends that they will see you in me and that you will open their eyes to your love.

## Week 7 Psalm 34 v 1-10

1 I will extol the Lord at all times;  
his praise will always be on my lips.

2 I will glory in the Lord;  
let the afflicted hear and rejoice.

3 Glorify the Lord with me:  
let us exalt his name together.

4 I sought the Lord, and he answered me;  
he delivered me from all my fears.

5 Those who look to him are radiant;  
their faces are never covered with shame.

6 This poor man called, and the Lord heard him;  
he saved him out of all his troubles.

7 The angel of the Lord encamps around those who fear him,  
and he delivers them.

8 Taste and see that the Lord is good;  
blessed is the one who takes refuge in him.

9 Fear the Lord, you his holy people,  
for those who fear him lack nothing.

10 The lions may grow weak and hungry,  
but those who seek the Lord lack no good thing.

### **Example prayers**

(Up) I praise you Lord because you are good.

(In) I'm sorry that I don't always trust you, please help me to trust you more.

(Out) Lord please protect the leaders in Life Church.

## Week 8 Psalm 84

- 1 How lovely is your dwelling-place,  
Lord Almighty!
- 2 My soul yearns, even faints,  
for the courts of the Lord;  
my heart and my flesh cry out  
for the living God.
- 3 Even the sparrow has found a home,  
and the swallow a nest for herself,  
where she may have her young –  
a place near your altar,  
Lord Almighty, my King and my God.
- 4 Blessed are those who dwell in your house;  
they are ever praising you.
- 5 Blessed are those whose strength is in you,  
whose hearts are set on pilgrimage.
- 6 As they pass through the Valley of Baka,  
they make it a place of springs;  
the autumn rains also cover it with pools.
- 7 They go from strength to strength,  
till each appears before God in Zion.
- 8 Hear my prayer, Lord God Almighty;  
listen to me, God of Jacob.

*Continues overleaf...*

9 Look on our shield, O God;  
look with favour on your anointed one.

10 Better is one day in your courts  
than a thousand elsewhere;

I would rather be a doorkeeper in the house of my God  
than dwell in the tents of the wicked.

11 For the Lord God is a sun and shield;  
the Lord bestows favour and honour;  
no good thing does he withhold  
from those whose way of life is blameless.

12 Lord Almighty,  
blessed is the one who trusts in you.

### ***Example prayers***

(Up) I praise you Lord, there is nowhere better to be than in your presence.

(In) Help me to seek you and spend time with you.

(Out) Lord help us at Life Church to seek your presence and praise you.