

MEET UPS

CATCH UP

How did you get on this week, did you spend time kneeling whilst praying?

THIS WEEK'S PRACTICE...

Using the Bible in our praying.

What should we pray and how should we pray? These are big questions. The Bible is not just there to be read, believed and obeyed. It is there to be prayed as well. As we use the Bible to help us pray we are praying in the way God would want us to be praying.

Martin Luther said we should not just use the Lord's Prayer (Matthew 6) to help us pray. We should also pray through the Ten Commandments (Exodus 20) and pray using the Psalms. When we pray through the Ten Commandments it covers every aspect of our lives and causes us to reflect on each area before God, to repent where necessary and to ask for his help.

The 150 Psalms cover absolutely every area of life, experience and emotion. Whatever is going on with you at the moment, however you are feeling, whether you are full of hope and excitement or despair and despondency, there is a Psalm that covers your situation. Praying through that Psalms will enable you to work through this in the way God wants you to.

WEEKLY PRACTICE

Over our lifetimes we should aim to become very familiar with the book of Psalms. Start this week by praying several times through a Psalm relevant to you.

If you don't know where to start here are some suggestions. If you are feeling:

Joyful and excited Psalm 126

Troubled Psalm 46

Thrilled by God Psalm 145

Aware of our frailness Psalm 90

Needing to repent Psalm 51

Life is unfair Psalm 37

God seems absent Psalm 13

Grateful to God Psalm 40

Getting older Psalm 71