

Praying the Scriptures: Psalm 119

Praying through the Scripture is an excellent way to commune with God. What better words could we choose to express to our Father than the very Words He has given to us. As you read the Word, God is speaking to you. When you pray, you are speaking to God.

Read each verse, either from your Bible, or from this sheet. Respond to each verse in prayer. Consider questions like; "What is God teaching me through this verse?," "How should I respond?," "What does this verse reveal about my God that demands immediate praise?," etc. You will find brief comments, thoughts, and questions that will guide you through a number of verses. Work through and pray through these verses.

Answer the questions by writing down your responses. As time permits, continue beyond these verses on your own.

v. 1. "Blessed are the undefiled in the way, who walk in the law of the Lord."

PRAYER: Lord, I long to be undefiled and to walk in obedience to you. Show me where my heart is defiled.

QUESTION: What specific things in my life are displeasing to You?

- 1.
- 2.
- 3.

PRAYER: I confess each of these as sin. (*Call them out one by one, and forsake them.*) Cleanse me Oh God! By the power of Your Holy Spirit, keep me walking in Your way. Increase my understanding of Your law that it would change who I am, how I think, and how I behave.

v. 2. "Blessed are they that keep his testimonies and seek Him with the whole heart."

PRAYER: Lord, cause me to seek you with my WHOLE heart. Cause me to wholly trust You to guide my life. Cause me to completely surrender my will to Yours. Cause me to desire to know You with my whole mind.

QUESTION: What things in my life have I not fully surrendered to you? In what areas have I not fully trusted You, or in which have I not been obedient to You?

- 1.
- 2.
- 3.

PRAYER: Lord, fill me so that I may glorify You in the testimony I live.

v. 3. "They also do no iniquity: they walk in his ways."

PRAYER: Father, cause me to be disgusted at the thought of doing any iniquity. Make my desires be only for holy, righteous things. Cause me not to go where sin

is. Don't let it touch me, Lord. Don't let it even get close to me! Keep me walking in Your ways only. When I begin to stray off Your way, correct me. Teach me to flee from temptation and avoid every appearance of evil.

QUESTIONS: What habits do I need to change so that I will not expose myself to needless temptation in my daily routine? Reading material? TV programs? Time on the computer? Music? Social activities? What things I see on the route I drive to work? Who I speak privately or intimately with?

- 1.
- 2.
- 3.

PRAYER: Father, I choose today to forsake these things. (*Tell God, and a close friend exactly what you are eliminating and how.*)

v. 4-5. "Thou hast commanded us to keep thy precepts diligently. Oh that my ways were directed to keep thy statutes."

PRAYER: Make me diligent, Lord to study in Your Word so that I may *learn* Your precepts, then make me steadfast at *keeping* Your precepts. Oh, that my ways would always be to keep Thy statutes. I am sick at heart when I think of all the times I have not kept Your statutes! Forgive me, Lord that my disobedience sickens You, too.

QUESTIONS: What do I need to eliminate from my schedule so that I can commit time to the study of God's Word daily? Almighty God, show me what is unnecessary or unimportant that I am doing that could be replaced with prayer and/or time in your Word.

- 1.
- 2.
- 3.

PRAYER: Father, I choose today to forsake these things. (*Tell God, and a close friend exactly what you are eliminating and how.*)

v. 6. “Then shall I not be ashamed, when I have respect unto all thy commandments.”

PRAYER: Oh Lord, bring me to a position of maturity in which I no longer have things of which to be ashamed. Cause me to be keenly aware of Your presence at all times so that I will avoid the shameful things in life. Make me always respectful of Your commandments, always mindful of Your admonitions, and apply them when the situations arise where they are needed.

QUESTIONS: What commandments do I ignore or violate? *(Think through the commandments of God: “Thou shalt love the Lord... with ALL thy heart, ALL thy soul and ALL thy mind”, “Thou shalt love thy neighbor as thyself”, “submit to one another”, “go ye therefore and preach the gospel”, “be anxious for nothing”, etc.)*

- 1.
- 2.
- 3.

PRAYER: *(Pray through a plan to sure up these areas with your God!)*

v. 7. “I will praise thee with uprightness of heart, when I shall have learned thy righteous judgments.”

PRAYER: Teach me thy righteous judgments so my mind and heart will become upright. Make my heart clean and upright so that my praise to You is a sweet smelling savor before Your throne. Cause me to praise You every day, throughout the day, with a truthful heart. Show me ways to slow down my life, order my life and simplify my life that I may dwell more fully in You.

v. 8. “I will keep thy statutes, O forsake me not utterly.”

PRAYER: Cause me to keep the teachings You’ve given me. Make me obedient, Lord. I want to commit to keeping Your Word, but in myself, I cannot achieve it. Thank you Lord that you promise never to forsake me.

QUESTION: What is the most significant thing, Oh God, in my life that needs to be changed?

(Now be faithful, for as long as it takes, to let Him change you in that one area. Walk within the Light He gives you and obey as He directs. As He shows you additional areas, in His timing, write them down and be faithful in that next thing, and so on.)

v. 9. “Where withal shall a young man cleanse his way, by taking heed thereto according to thy word.”

PRAYER: It is only by keeping Your Word that my way can stay clean. Cause me to diligently search Your Word daily that I may take heed to what it says. Lord, show me what verses I need to memorize, meditate upon, and allow to transform me by the renewing of my mind.

(Write down areas of struggle in your life. Commit to finding Scriptures dealing with these areas. Commit to memorizing and meditating upon these passages in the next month.)

- 1.
- 2.
- 3.

v. 10. “With my whole heart have I sought thee, O let me not wander from thy commandments.”

PRAYER: Don’t let me be half-hearted to You, Lord. Only with my whole heart can I be rightly related to You and seek You fervently. Cause me to come before you with a truthful heart, hiding nothing from You during our fellowship together. Let Your Spirit control my thinking and my will so I do not wander from Your commandments.

QUESTION: In what ways have I been half-hearted in my relationship with you, God?

- 1.
- 2.
- 3.

(Confess and forsake these to God.)

v. 11 “Thy word have I hid in my heart, that I might not sin against thee.”

PRAYER: Only the Truth, Your Word, can change me. Lord, bury Your truth deep into my being so that I will not sin against You. I know You are grieved very much when I sin. Cause me to feel that same grief in my heart when I consider the prospect of sinning, so I will not step into it. Father, make me diligent to memorize Your Word and internalize it, that it may change my thinking. Renew my mind!

You may continue on your own through Psalm 119 in this fashion as long as you desire. Continue praying with your heart bare before Him. Allow the Word of God to direct and transform your prayer life.