FORMATION PRACTICE: Praying the Psalms

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Formation practices help us become more and more like Jesus. We long to be a church that doesn't just believe in Jesus but becomes like him, displaying his love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control to all people, with the help of his Spirit (Galatians 5:22-25).

Formation practices are our training ground for Christlikeness. The formation practice for the series, ***Seasons: Permission to Feel***, is **Praying the Psalms**.

INTRODUCTORY RESOURCES FOR PRAYING THE PSALMS

If we wish to develop in the life of faith, to mature in our humanity, and to glorify god with our entire heart, mind, soul and strength, the Psalms are necessary. They are God's gift to train us in prayer. - **Eugene Peterson**

Smack dab in the middle of the Bible is a prayer guide known as the book of Psalms. It's the book Jesus quoted more than any other in the Hebrew Bible. It's the book that gives us permission to pray with brazen authenticity. The Psalmists were not afraid to express anger, delight, fear, anxiety, joy, pain, doubt, sadness, trust and more when conversing with God in prayer.

The ancient church - Jews and Christians - learned to pray by praying the Psalms. Each week we will guide you in praying the Psalms but here are some resources to take you deeper.

Books

- *Praying with the Psalms: A Year of Daily Prayers* by Eugene Peterson
- *Answering God: The Psalms as Tools for Prayer*
- *Kidner Classic Commentaries on Psalms 1-72*
- *Word Biblical Commentary on Psalms 1-50*
- *Praying the Psalms: Engaging Scripture and the Life of the Spirit* by Walter Brueggemann
- *Reflections on the Psalms* by CS Lewis

Videos and Links

- *A Visual Overview of Psalm* from The Bible Project
- *NT Wright on Studying & Praying the Psalms Daily* (10min)
- *How to Pray the Psalms*
- *Chart for Praying through the Psalms Monthly*
- *Chart for Praying Monthly through the Psalms* (AM/PM)

WEEK 1 **Praying the Psalms // SPRING**

If you want your prayer life to be shaped by the word of God, you cannot do better than to make the Psalms a central part of your prayers. For in the Psalms, we have words that God has given us to speak to God. Such a rich tapestry of praises, laments, meditations, requests, and urgent supplications is given to us that we neglect it at our peril. The Psalms tie our personal prayers to the corporate prayers of the people of Christ in every generation. They warm our hearts, inform our minds, and shape our wills. - **Christopher Ash**

PRAYING THE PSALMS

1. Pause. Tell God what you are feeling and what you need.

2. Read the Psalm to simply take it all in. Do any words or emotions stand out to you?

3. Read the Psalm again as a prayer. Go slowly. Add your own emotions, feelings, questions, and thoughts.

4. Pause. Ask God anything you want to ask. Listen for God to speak to you by his Spirit and through the words of this Psalm.

5. Record what you believe you hear from God and how this Psalm will shape your day.

Day One: ——— **Psalm 16**

Day Two: ——— **Psalm 46**

Day Three: ——— **Psalm 84**

Day Four: ——— **Psalm 92**

Day Five: ——— **Psalm 103**