

4 STEPS TO SCRIPTURE PRAYING

By Alicia Britt Chole

1. Earth-Up Honesty

i Voice your personal concern to God: **Lord, I'm concerned about _____.**

2. Heaven-Down Direction

i Ask God for His insight and direction: **Lord, grant me Your eyes and heart for this situation.**

Note: Ask and then wait patiently. You are listening for a prayer assignment. Write down impressions or thoughts that come to mind but resist measuring how "productive" the waiting is by the fullness or emptiness of a page. The act of stilling and submitting your concerns to God is powerful and internally aligns you with His heart for the situation EVEN if nothing is heard.

3. Scripture Selection

i With google, a concordance, and/or friends, select Scriptures that compliment God's direction.

Example: For a friend to rediscover their First Love, consider Jeremiah 30:21-22, "I will bring him near and he will come close to me—for who is he who will devote himself to be close to me?" declares the Lord. "So you will be my people, and I will be your God."

4. Scripture Application

i Pray God's Word.

Example: Father God, I come to You in Jesus' Name. According to Your Word in Jer 30, I pray for Joe. Lord, bring Joe near to You. May Joe come close to You. May Joe devote himself to being close to you. You are Joe's God. May Joe live as Your son!

"All of us have a background conversation going on in our minds. Head noise, as my friend and British psychologist Jim McNeish calls it, is an internal voice, a soundtrack for our lives...Stillness is not about getting somewhere quiet, although that often helps, but about stilling those voices in our heads....Because [if] we have not stilled ourselves, we pray in our own strength, and we come to God's door under the weight and panic of the circumstances facing us."

Graham Cooke, *Crafted Prayer: The Joy of Always Getting Your Prayers Answered* (Grand Rapids, MI: Chosen Books, 2004), 20.

PRAYER CHART

For the month of _____

Earth-Up Concern	Heaven-Down Direction	Scripture