

PRAYERS

OF THE OLD TESTAMENT



EPISODE 1

PSALM 23

The LORD is my shepherd; I shall not want...

Think about a very happy time when Jesus was your Shepherd.
A very difficult time.

Try pray-reading Psalm 23 to see how your heart seems to connect with God's heart when you pray His words with Him.

My thoughts

My prayer

Every human emotion is expressed in the book of Psalms. It was written to be used as a songbook and a prayer book, mirroring our emotions and leading us to a rich and transformational personal experience in the Word of God. Psalms are prayers given to us by God so that we could speak them back to Him. In this kind of pray-reading, I take the words that originated in the heart and mind of God and circulate them through my heart and mind and His words become the wings of my prayers.

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EPISODE 1

PSALM 91

She who dwells in the secret place of the Most High...

You will cover me with Your feathers and under Your wings I will find refuge.

What could you pray when you're in the "secret place of the Most High"?

Think about a time when the Lord "covered you with His feathers" and you found "refuge under His wings."

My thoughts

My prayer

When I think about being in the secret place of the Most High, I want to whisper. I want to say thank you for giving me a place that is ours alone to share. Thank you for a safe and sacred place where I can worship You. Thank you, God Most High, for giving me Your word that tells me about You and that invites me into an intimate friendship with You. Amen.