

The Psalms ~ A Prayer Guide

By Rev. Lillian Hyde

The Psalms are honest prayers of real people experiencing the myriad of emotions that life arouses in us. If you're interested in becoming more deeply human, as well as more honestly and vitally connected to God, praying the Psalms will help. Here is a guide I use, which you may find useful as well:

+Read and meditate. Read the Psalm two or three times and meditate on its meaning. Then reflect on the areas of your life in which this meets your need and ask God to be with you and guide you.

+Adopt the Psalm as your own prayer. Try to say it as if you are the one praising God, seeking God's help, or arguing with God.

+Rest in the Psalm and be settled there. Let the Psalm work on you. As scripture, it has the power to bring out thoughts and feelings you don't know you are having. It can also give you powerful insights into your situation.

Below are a list of human emotions with corresponding Psalms you may turn to in prayer

+Anger: Psalms 4, 17, 28, 36, 109

+Anxiety/fear: Psalms 3, 11, 27, 46, 49, 91, 121, 139, 146

+Direction: Psalms 13, 25, 37, 89, 119, 146

+Disappointment: Psalms 16, 92, 102, 130

+Discouragement: Psalms 12, 42, 55, 86, 107, 142

+Injustice: Psalms 7, 9, 10, 17, 35, 52, 56, 94, 109

+Joy: Psalms 33, 47, 63, 84, 96, 97, 98, 100, 148

+Knowing God: Psalms 8, 19, 29, 65, 89, 103, 111, 136, 145, 147

+Loneliness: Psalms 3, 13, 17, 25, 27, 69, 91

+Loved by God: Psalms 23, 84, 139

+Patience: Psalms 4, 5, 37, 89, 123

+Reassurance: Psalms 1, 15, 18, 23, 26, 112, 121, 128

+Safety, security: Psalms 34, 84, 91

+Sickness: Psalms 6, 31, 71, 77, 94, 123

+Sorrows, grief: Psalms 6, 31, 71, 77, 94, 123

+Thankfulness: Psalms 30, 33, 34, 40, 66, 89, 96, 113, 136

+Trouble: Psalms 10, 86, 90, 94, 126, 138, 142

+Weakness: Psalms 4, 23, 62, 70, 102, 138