

# *Prayer Meeting - May 18, 2016*

## *Praying the Psalms*

### ***Psalm of Praise - Psalm 145***

*(take a few minutes and pray the words of David as your own – the words in **bold** have been change to personalize the text)*

I will exalt you, my God and King, and praise your name forever and ever.

<sup>2</sup> I will praise you every day; yes, I will praise you forever.

<sup>3</sup> Great **are You** LORD! **You are** most worthy of praise!

    No one can measure **Your** greatness.

<sup>4</sup> Let each generation tell its children of your mighty acts; let them proclaim your power.

<sup>5</sup> I will meditate on your majestic, glorious splendor and your wonderful miracles.

<sup>6</sup> Your awe-inspiring deeds will be on **my** tongue; I will proclaim your greatness.

<sup>7</sup> **Teach me to** share the story of your wonderful goodness; **Help me to** sing with joy about your righteousness.

<sup>8</sup> **You** LORD is merciful and compassionate, slow to get angry and **You are** filled with unfailing love.

<sup>9</sup> **You** LORD is good to everyone. **You** showers compassion on all **Your** creation.

<sup>10</sup> All of your works will thank you, LORD, and your faithful followers will praise you.

<sup>11</sup> I will speak of the glory of your kingdom; I will give examples of your power.

<sup>12</sup> I will tell about your mighty deeds and about the majesty and glory of your reign.

<sup>13</sup> For your kingdom is an everlasting kingdom. You rule throughout all generations.

**You** LORD always keeps **Your** promises; **You are** gracious in all **You do**.

<sup>14</sup> **You** LORD helps the fallen and lifts those bent beneath their loads.

<sup>15</sup> The eyes of all look to you in hope; you give them their food as they need it.

<sup>16</sup> When you open your hand, you satisfy the hunger and thirst of every living thing.

<sup>17</sup> **You** LORD **are** righteous in everything **You do**; **You are** filled with kindness.

<sup>18</sup> **You** LORD **are** close to all who call on him, yes, to all who call on him in truth.

<sup>19</sup> **You** grant the desires of those who fear **You**; **You** hears their cries for help and rescues them.

<sup>20</sup> **You** LORD protect all those who love **You**, but **You** destroys the wicked.

<sup>21</sup> I will praise the LORD, and may everyone on earth bless his holy name forever and ever.

## ***Psalm of Repentance – Psalm 32***

<sup>1</sup> Oh, what joy for those whose disobedience is forgiven, whose sin is put out of sight!

<sup>2</sup> Yes, what joy for those whose record the LORD has cleared of guilt,  
whose lives are lived in complete honesty!

<sup>3</sup> When I refused to confess my sin, my body wasted away,  
and I groaned all day long.

<sup>4</sup> Day and night your hand of discipline was heavy on me.

My strength evaporated like water in the summer heat. **SELAH**

*(Take a moment and ask God to bring to your memory a time when you failed to confess a sin. How did you feel? How was your relationship with God impacted? How was your relationship with your spouse or other loved ones impacted?)*

<sup>5</sup> Finally, I confessed all my sins to you and stopped trying to hide my guilt.

I said to myself, “I will confess my rebellion to the LORD.”

And you forgave me! All my guilt is gone. **SELAH**

*(Take a moment and ask God to bring to your memory any unconfessed sin in your life, as He does take a moment and honestly admit your guilt and humbly seek His forgiveness)*

<sup>6</sup> Therefore, let all the godly pray to you while there is still time,  
that they may not drown in the floodwaters of judgment.

<sup>7</sup> For you are my hiding place; you protect me from trouble.  
You surround me with songs of victory. **SELAH**

*(Take a moment and thank God for His forgiveness, protection and deliverance. Ask God to keep your heart soft and sensitive to sin in your life)*

<sup>8</sup> The LORD says, “I will guide you along the best pathway for your life.  
I will advise you and watch over you.

<sup>9</sup> Do not be like a senseless horse or mule  
that needs a bit and bridle to keep it under control.”

<sup>10</sup> Many sorrows come to the wicked,  
but unfailing love surrounds those who trust the LORD.

<sup>11</sup> So rejoice in the LORD and be glad, all you who obey him!  
Shout for joy, all you whose hearts are pure!

*(Take a moment and ask God for His guidance in your life and the strength to throw effort after foolishness)*

## ***Psalm of Protection – Psalm 91***

<sup>1</sup> Those who live in the shelter of the Most High will find rest in the shadow of the Almighty.

*(Contemplate the picture of you resting under the wing of God Almighty.  
Praise Him. Ask for God to remind you of His strength, care and protection)*

<sup>2</sup> This I declare about the LORD: He alone is my refuge, my place of safety;  
he is my God, and I trust him.

<sup>3</sup> For he will rescue you from every trap and protect you from deadly disease.

<sup>4</sup> He will cover you with his feathers. He will shelter you with his wings.

His faithful promises are your armor and protection.

*(Remember His promises- “I will never leave you nor forsake you” (Heb. 13:5); “I will give you rest” (Matt 11:28-30); “God of all comfort (2Cor 1:3,4); “guard your minds & hearts in Christ (Phil 4:6,7) etc.)*

<sup>5</sup> Do not be afraid of the terrors of the night, nor the arrow that flies in the day.

<sup>6</sup> Do not dread the disease that stalks in darkness,  
nor the disaster that strikes at midday.

<sup>7</sup> Though a thousand fall at your side, though ten thousand are dying around you,  
these evils will not touch you.

<sup>8</sup> Just open your eyes, and see how the wicked are punished.

*(Reflect on God’s judgment of the wicked – Goliath (1Sam 17); Sennacherib (2 Kings 19); Pharaoh (Ex 14); Prophets of Baal (1 Kings 18) etc.)*

<sup>9</sup> If you make the LORD your refuge, if you make the Most High your shelter,

<sup>10</sup> no evil will conquer you; no plague will come near your home.

<sup>11</sup> For he will order his angels to protect you wherever you go.

<sup>12</sup> They will hold you up with their hands so you won’t even hurt your foot on a stone.

<sup>13</sup> You will trample upon lions and cobras;

you will crush fierce lions and serpents under your feet!

<sup>14</sup> The LORD says, “I will rescue those who love me.

I will protect those who trust in my name.

<sup>15</sup> When they call on me, I will answer; I will be with them in trouble.

I will rescue and honor them.

<sup>16</sup> I will reward them with a long life and give them my salvation.”

*(Cry out for God’s continued protection over your life, your testimony, your family, our church)*

## ***Psalm of Guidance – Psalm 23***

**1** The LORD is my shepherd; I have all that I need.

*(What do you feel you need right now? What do you wish that God would provide?)*

**2** He lets me rest in green meadows; he leads me beside peaceful streams.

*(Where is God providing rest for you in your life? Which of your “meadows” are green and prosperous right now? (praise Him) What “streams” in your life are peaceful (thank Him), which “streams” are turbulent and you long for God to calm? (beg Him)*

**3** He renews my strength. He guides me along right paths, bringing honor to his name.

*(Where are you needing strength? Ask Him for strength specifically. Which of your “paths” are confusing right now? Ask Him to bring clarity and understanding. Where are you bringing honor to Christ’s name?)*

**4** Even when I walk through the darkest valley, I will not be afraid,

for you are close beside me. Your rod and your staff protect and comfort me.

*(What fears do you have tonight? Offer them one by one to God and ask for His boldness. Today were you aware of God’s presences today? If so, praise Him, if not plead with Him to focus your spirit upon Him)*

**5** You prepare a feast for me in the presence of my enemies.

You honor me by anointing my head with oil. My cup overflows with blessings.

**6** Surely your goodness and unfailing love will pursue me all the days of my life, and I will live in the house of the LORD forever.

*(Take a moment and contemplate living in heaven for eternity. Thank God for that promise. Praise Him for that privilege. Ask Him to help you live each day in light of that confidence)*