

# Praying Through Scripture

## -12-1pm, 3/12/13, Team Fasting-

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### How to Pray Using Scripture

Sometimes it's the simplest things that make the biggest difference. For many years I've used the 3 R's I learned from Ben Patterson to pray through Scripture. This simple tool has helped me pray the Bible more than any other single strategy. I've used it in my devotional times and have employed it often in leading others in prayer.

1. Rejoice
2. Repent
3. Request

With every verse in the Bible we can do one (or more likely, all three) of these things. We can rejoice and thank God for his character and blessings. We can repent of our mistakes and sins. We can request new mercies and help.

Right now I just flipped open my Bible and landed at Psalm 104. Verse 1 says "Bless the Lord, O my soul! O Lord my God, you are very great! You are clothed with splendor and majesty."

How might you pray through this verse? Well, at first blush you might see nothing more to do than praise God. "Dear Lord, you are very great. You are clothed with splendor and majesty. Amen." But try that again with the 3 R's.

**Rejoice** – O Lord, you have richly blessed me more than I deserve. What a privilege that I can call you my God. Thank you for making me a little lower than the angels and crowning me with glory and honor too.

**Repent** – Forgive me for being blind to your splendor and majesty. Though you are very great, my circumstances and disappointments often feel greater. I'm sorry for being so ungrateful and taking your blessings for granted.

**Request** – Give me eyes to see as you are. Tune my heart to sing your praise. Help me see your glory in the world you've created, in the people around me, and in the face of Christ.

Obviously, some verses lend themselves to prayer more easily than others. The Psalms are particularly prayer-worthy. But with the simple strategy of Rejoice, Repent, Request there shouldn't be a verse in the Bible that can't be used as a prompt to pray.

(<http://thegospelcoalition.org/blogs/kevindeyoung/2013/01/04/how-to-pray-using-scripture/>)

From “Take Words with You: Scripture Promises and Prayer” by Tim Kerr

### **Why Scripture promises are so important for our prayers**

There are two words that are very powerful when used in prayer. These words are simply, “**you said**”. In Genesis 31:2, God makes a promise to Jacob. Involved in that promise is one of the most faith-giving promises in Scripture—“I will be with you”. A promise that means God will do us good and pour out his favour upon us! Then later, when in deep crises, Jacob cries out to God in prayer and reminds God of his promise to him. Listen to what he says:

But **you said**, ‘I will surely do you good’... and Jacob said, “O God of my father Abraham and God of my father Isaac, **O LORD who said to me**, ‘Return to your country and to your kindred, that I may do you good.’  
(Gen 32:12, 32:9)

The fuel of an intercessor is the promises of God. We remind God in prayer of what he has said and call him to be faithful to his word. Attaching God’s promises to people and situations is the very backbone of all faith-filled praying.

Some struggle with how to apply the promises in prayer correctly. Is it right for us to take promises given to the people of Israel or Moses or David, and apply them in prayer to our own situations? Basically, the answer is a qualified “YES”. Let me show you why this is so. 2 Corinthians sheds some valuable light on this matter:

For **all** the promises of God find their **Yes** in him. That is why it is through him that we utter our Amen to God for his glory.  
(2 Cor 1:20)

Not only is Jesus the ultimate fulfillment of all the promises, but he is the key to the promises. We may say that the promises are made ultimately to him and for him and about him. Now look how this applies a few verses later in this book. Remember that the Corinthian congregation was predominantly non-Jewish. But at the end of 2 Corinthians 6, Paul quotes several promises that were made centuries before to the people of Israel (see 2 Cor. 6:16b-18 and compare Lev. 26:12, Exod. 32:27, Isa 52:11). Now note the astonishing truth that Paul says to this church after quoting these Old Testament promises to them:

**Since we have these promises**, beloved, let us cleanse ourselves from every defilement of body and spirit, bringing holiness to completion in the fear of God.  
(2 Cor 7:1)

In Christ, we receive the promises and can call them our own. Because they are in the canon of Scripture, and because they are part of Christ’s inheritance through his cross-work, and because we are also heirs of the promises in him (Gal 3:16,29), we too, in fact, **have these promises**... for every dimension of our lives.

In my own Bible, I have highlighted hundreds of promises in scripture with a green highlighter so I can find them quickly and use them for prayer when needed. We all need to find a way to find promises and use them in our prayers for others. This manual is an attempt to help with that process, but the best way of all is to become familiar with the promises of God in the context in which they are used in Scripture.

How important and how powerful it is when God’s people say to him in prayer: “**You said...**”

(<http://www.challies.com/sites/all/files/attachments/take-words-with-you.pdf>)