

GUIDE TO PRAYING SCRIPTURE

3 METHODS



Option 1

1. Find a quiet place where you focus on what you are about to do and can be silent. Try to find a place with as few distractions as possible.
2. While getting comfortable remember not to get too comfortable to where you might fall asleep.
3. Pray to the Holy Spirit for guidance. A simple prayer like “Holy Spirit, please help me be attentive to the Word of God that I am about to read. Help me to be alert to the stirrings of my heart, so that I may feel your presence and discern your will for me” or something similar is a great start.
4. Begin to slowly read the passage of Scripture until something strikes you. There is no rhyme or reason at this point to why the passage may strike you. It is something of a gut feeling that this passage for one reason or another stands out to you.
5. Begin to reread that passage of Scripture over and over again while allowing yourself to meditate/reflect/chew on the words.
6. Pay close attention to your heart, what are you feeling, what is God saying to you? Eventually you may even find yourself sitting still and in silence feeling God’s presence. Stay there as long as you can.
7. As you come to the end of your prayer, take the time to make some sort of resolution as you return to everyday life.



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Option 2

1. Find a quiet place where you focus on what you are about to do and can be silent. Try to find a place with as few distractions as possible.
2. While getting comfortable remember not to get too comfortable to where you might fall asleep.
3. Pray to the Holy Spirit for guidance. A simple prayer like “Holy Spirit, please help me be attentive to the Word of God that I am about to read. Help me to be alert to the stirrings of my heart, so that I may feel your presence and discern your will for me” or something similar is a great start.
4. Slowly begin to read the passage of Scripture imagining yourself in the Biblical scene. Using your imagination try to get the story to become as real as possible to you.
5. Pay close attention to the details, how does the weather feel, who is present, what are people’s reactions.
6. Pay close attention to your heart, what in this scene is touching your heart or driving you to act? How are the other characters behaving? How are their behaviors affecting how you feel and what you believe?
7. As your prayer time comes to an end, compose a little prayer asking God to help you bring His love to the world.



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Option 3

1. Find a quiet place where you focus on what you are about to do and can be silent. Try to find a place with as few distractions as possible.
2. While getting comfortable remember not to get too comfortable to where you might fall asleep.
3. Pray to the Holy Spirit for guidance. A simple prayer like “Holy Spirit, please help me be attentive to the Word of God that I am about to read. Help me to be alert to the stirrings of my heart, so that I may feel your presence and discern your will for me” or something similar is a great start.
4. Slowly begin to read the passage of Scripture until something strikes you. Begin to read that passage over and over again for about 5 to 10 minutes. Ask yourself “what are you feeling?” “what is God telling you in this passage?” and “how does this passage apply to your life?”
5. Take time to write down the passage in a journal and compose a little prayer asking God to help you carry this insight with you throughout the day.



10 Questions For Getting the Most Out of Scripture

1. What was the intent of the human author in writing this passage?
2. What would the intended reader be thinking after reading this passage?
3. What in the passage seems shocking, contrary to our sinful human thinking?
4. If it is a story, imagine yourself (honestly), what would you have done if you had been there? How does that compare to what you would have liked to do? If there is a difference between the two how could you bridge the gap?
5. How does the image of God portrayed in the passage differ from your image of God? How can you reconcile them? Be careful not to limit God by your image of him.
6. What is the historical context of the passage?
7. Can you see parallels of the Scripture Passage with stories from your own life?
8. What do you think God is trying to say to you? To others? To the world?
9. What things are you going to change in your life now that you have read this passage?
10. Where can I go now to get more information?