

# Prayer Method: Praying the Psalms

*This material comes from one of the Prayer Classes that was taught by Pastor Ken. The prayer method is a simple one. It uses the book of Psalms as a prayer guide. Each Psalm serving as a sort of example prayer. You can skip over Psalms that are confusing or don't seem to connect. When you find one that does connect with you, then you begin to choose what we called anchor points.*

*"Anchor points" is just a phrase used in the class to describe one of two types of verses that connect the Psalm to you. An anchor point can either be: 1) a place where you and the author of the Psalm agree (you're praying for the same thing), or 2) a place where the author of the Psalm challenges you to pray in a way you had not thought to do before.*

*The second page of this document has an example of the Pastor using Psalm 42 in this fashion. He walks through the anchor points he chose, and why he chose them. Picking anchor points in a Psalm is always personal and subjective, so don't assume the ones he chose are somehow the right or best ones. They are just examples of how to choose an anchor point. Once you've chosen your anchors, you can use them to construct your own prayer following a similar pattern of the Psalm you've read.*

## **Praying this way was an assignment in the class, here were the instructions:**

Pick a book of Psalms: *The big book is actually divided into 5 smaller ones.*

Book one: Psalms 1-41

Book two: Psalms 42-72

Book three: Psalms 73-89

Book four: Psalms 90-106

Book five: Psalm 107-150

Pray through one Psalm a day (preferably first thing in the morning).

- 1) Read the Psalm to yourself
- 2) Speak/Read the Psalm out-loud
- 3) Find your "Anchors", and use them to guide your prayer
- 4) Print out, or download to your phone, your daily Psalm. Carry it with you
- 4a) Try to interact with it one more time that day.

## PSALM 42

As a deer longs for flowing streams,  
so **my soul longs for you, O God.**

<sup>2</sup> My soul thirsts for God,  
for the living God.  
When shall I come and behold  
the face of God?

<sup>3</sup> My tears have been my food  
day and night,  
while people say to me continually,  
“Where is your God?”

<sup>4</sup> **These things I remember,**  
**as I pour out my soul:**  
how I went with the throng,  
and led them in procession to the house of  
God,  
with glad shouts and songs of thanksgiving,  
a multitude keeping festival.

<sup>5</sup> **Why are you cast down, O my soul,**  
and why are you disquieted within me?  
Hope in God; for I shall again praise him,  
my help <sup>6</sup> and my God.  
My soul is cast down within me;  
therefore I remember you  
from the land of Jordan and of Hermon,  
from Mount Mizar.

<sup>7</sup> **Deep calls to deep**  
at the thunder of your cataracts;  
all your waves and your billows  
have gone over me.

<sup>8</sup> By day the LORD commands his steadfast  
love,  
and **at night his song is with me,**  
a prayer to the God of my life.

<sup>9</sup> I say to God, my rock,  
“Why have you forgotten me?  
Why must I walk about mournfully  
because the enemy oppresses me?”

<sup>10</sup> As with a deadly wound in my body,  
my adversaries taunt me,  
while they say to me continually,  
“Where is your God?”

<sup>11</sup> Why are you cast down, O my soul,  
and why are you disquieted within me?  
Hope in God; for **I shall again praise him,**  
my help and my God.



# Anchors

These are the phrases I picked, because they stood out to me. You may pick completely different ones.

### ***My Soul Longs for you, O God***

I picked this as an anchor because it expresses the desire of prayer. I am doing this to grow closer to God, I wish to experience God on a deeper level.

### ***These things I remember as I pour out my soul***

Immediately following this passage the pray-er reminds himself/herself of “the good times” which for them is a memory of worship in the Lord’s house. The Psalm encourages us to remember that while things are not good now, but they have been in the past.

### ***Why are you cast down, O my soul?***

An honest question. I don’t think this is supposed to be rhetorical. The one who prayed this prayer is down because they’re oppressed by their enemies (v9). Why is *my soul* cast down? This prayer encourages me to ask myself this.

### ***Deep calls to deep***

This poetic language speaks to me. It feels like the poet is summoning the echoing sounds of thunder, waves, and wind, as a way to say the deep (speechless) parts of me, are calling out to the deep (speechless) parts of you God.

### ***At night his song is with me***

What a comforting thought! That at night, when anxiety hits, and worries can often seem more powerful, that the Lord sings to us!

### ***I shall again praise him***

A great closer to the prayer, which is why I chose it as the final anchor. The idea that “once I praised God with joy and hope” and “one day I will do that again” is an awesome statement of faith