

Theme: Making use of the Bible to pray

Day 1 Psalm 31:1-24

Prayer in times of affliction

¹ In you, LORD, I have taken refuge;
let me never be put to shame;
deliver me in your righteousness.

² Turn your ear to me,
come quickly to my rescue;
be my rock of refuge,
a strong fortress to save me.

³ Since you are my rock and my fortress,
for the sake of your name lead and guide me.

⁴ Keep me free from the trap that is set for me,
for you are my refuge.

⁵ Into your hands I commit my spirit;
deliver me, LORD, my faithful God.

⁶ I hate those who cling to worthless idols;
as for me, I trust in the LORD.

⁷ I will be glad and rejoice in your love,
for you saw my affliction
and knew the anguish of my soul.

⁸ You have not given me into the hands of the enemy
but have set my feet in a spacious place.

⁹ Be merciful to me, LORD, for I am in distress;
my eyes grow weak with sorrow,
my soul and body with grief.

¹⁰ My life is consumed by anguish
and my years by groaning;
my strength fails because of my affliction,
and my bones grow weak.

¹¹ Because of all my enemies,
I am the utter contempt of my neighbors
and an object of dread to my closest friends—
those who see me on the street flee from me.

¹² I am forgotten as though I were dead;
I have become like broken pottery.

¹³ For I hear many whispering,
“Terror on every side!”
They conspire against me
and plot to take my life.

¹⁴ But I trust in you, LORD;
I say, “You are my God.”

¹⁵ My times are in your hands;
deliver me from the hands of my enemies,
from those who pursue me.

¹⁶ Let your face shine on your servant;
save me in your unfailing love.

¹⁷ Let me not be put to shame, LORD,
for I have cried out to you;
but let the wicked be put to shame
and be silent in the realm of the dead.

¹⁸ Let their lying lips be silenced,
for with pride and contempt
they speak arrogantly against the righteous.

¹⁹ How abundant are the good things
that you have stored up for those who fear you,
that you bestow in the sight of all,
on those who take refuge in you.

²⁰ In the shelter of your presence you hide them
from all human intrigues;
you keep them safe in your dwelling
from accusing tongues.

²¹ Praise be to the LORD,
for he showed me the wonders of his love
when I was in a city under siege.

²² In my alarm I said,
“I am cut off from your sight!”
Yet you heard my cry for mercy
when I called to you for help.

²³ Love the LORD, all his faithful people!
The LORD preserves those who are true to him,
but the proud he pays back in full.

²⁴ Be strong and take heart,
all you who hope in the LORD.

Day 2 Psalm 139:1-7,23-24

Prayer to examine self

¹ You have searched me, LORD,
and you know me.

² You know when I sit and when I rise;
you perceive my thoughts from afar.

³ You discern my going out and my lying down;
you are familiar with all my ways.

⁴ Before a word is on my tongue
you, LORD, know it completely.

⁵ You hem me in behind and before,
and you lay your hand upon me.

⁶ Such knowledge is too wonderful for me,
too lofty for me to attain.

⁷ Where can I go from your Spirit?
Where can I flee from your presence?

²³ Search me, God, and know my heart;
test me and know my anxious thoughts.

²⁴ See if there is any offensive way in me,
and lead me in the way everlasting.

Day 3 Psalm 51:1-13
Prayer to confess sin

¹ Have mercy on me, O God,
according to your unfailing love;
according to your great compassion
blot out my transgressions.
² Wash away all my iniquity
and cleanse me from my sin.
³ For I know my transgressions,
and my sin is always before me.
⁴ Against you, you only, have I sinned
and done what is evil in your sight;
so you are right in your verdict
and justified when you judge.
⁵ Surely I was sinful at birth,
sinful from the time my mother conceived me.
⁶ Yet you desired faithfulness even in the womb;
you taught me wisdom in that secret place.
⁷ Cleanse me with hyssop, and I will be clean;
wash me, and I will be whiter than snow.
⁸ Let me hear joy and gladness;
let the bones you have crushed rejoice.
⁹ Hide your face from my sins
and blot out all my iniquity.
¹⁰ Create in me a pure heart, O God,
and renew a steadfast spirit within me.
¹¹ Do not cast me from your presence
or take your Holy Spirit from me.
¹² Restore to me the joy of your salvation
and grant me a willing spirit, to sustain me.
¹³ Then I will teach transgressors your ways,
so that sinners will turn back to you.

Day 4 Psalm 15:1-5
Prayer to change

¹ LORD, who may dwell in your sacred tent?
Who may live on your holy mountain?
² The one whose walk is blameless,
who does what is righteous,
who speaks the truth from their heart;
³ whose tongue utters no slander,
who does no wrong to a neighbor,
and casts no slur on others;
⁴ who despises a vile person
but honors those who fear the LORD;
who keeps an oath even when it hurts,
and does not change their mind;
⁵ who lends money to the poor without interest;
who does not accept a bribe against the innocent.
Whoever does these things
will never be shaken.

Day 5 Psalm 103:1-14
Prayer to praise God

¹ Praise the LORD, my soul;
all my inmost being, praise his holy name.
² Praise the LORD, my soul,
and forget not all his benefits—
³ who forgives all your sins
and heals all your diseases,
⁴ who redeems your life from the pit
and crowns you with love and compassion,
⁵ who satisfies your desires with good things
so that your youth is renewed like the eagle's.
⁶ The LORD works righteousness
and justice for all the oppressed.
⁷ He made known his ways to Moses,
his deeds to the people of Israel:
⁸ The LORD is compassionate and gracious,
slow to anger, abounding in love.
⁹ He will not always accuse,
nor will he harbor his anger forever;
¹⁰ he does not treat us as our sins deserve
or repay us according to our iniquities.
¹¹ For as high as the heavens are above the earth,
so great is his love for those who fear him;
¹² as far as the east is from the west,
so far has he removed our transgressions from us.
¹³ As a father has compassion on his children,
so the LORD has compassion on those who fear him;
¹⁴ for he knows how we are formed,
he remembers that we are dust.

Day 6 ^{BS} Romans 12:9-21
Making use of Bible teachings to pray.
Practise with Romans 12:9-21

⁹ Love must be sincere. Hate what is evil; cling to what is good. ¹⁰ Be devoted to one another in love. Honor one another above yourselves. ¹¹ Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. ¹² Be joyful in hope, patient in affliction, faithful in prayer. ¹³ Share with the Lord's people who are in need. Practice hospitality. ¹⁴ Bless those who persecute you; bless and do not curse. ¹⁵ Rejoice with those who rejoice; mourn with those who mourn. ¹⁶ Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited. ¹⁷ Do not repay anyone evil for evil. Be careful to do what is right in the eyes of everyone. ¹⁸ If it is possible, as far as it depends on you, live at peace with everyone. ¹⁹ Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. ²⁰ On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." ²¹ Do not be overcome by evil, but overcome evil with good.

Day 7 Psalm 94:1-23

Prayer calling down God's judgement

¹ The LORD is a God who avenges.
O God who avenges, shine forth.
² Rise up, Judge of the earth;
pay back to the proud what they deserve.
³ How long, LORD, will the wicked,
how long will the wicked be jubilant?
⁴ They pour out arrogant words;
all the evildoers are full of boasting.
⁵ They crush your people, LORD;
they oppress your inheritance.
⁶ They slay the widow and the foreigner;
they murder the fatherless.
⁷ They say, "The LORD does not see;
the God of Jacob takes no notice."
⁸ Take notice, you senseless ones among the people;
you fools, when will you become wise?
⁹ Does he who fashioned the ear not hear?
Does he who formed the eye not see?
¹⁰ Does he who disciplines nations not punish?
Does he who teaches mankind lack knowledge?
¹¹ The LORD knows all human plans;
he knows that they are futile.
¹² Blessed is the one you discipline, LORD,
the one you teach from your law;
¹³ you grant them relief from days of trouble,
till a pit is dug for the wicked.
¹⁴ For the LORD will not reject his people;
he will never forsake his inheritance.
¹⁵ Judgment will again be founded on righteousness,
and all the upright in heart will follow it.
¹⁶ Who will rise up for me against the wicked?
Who will take a stand for me against evildoers?
¹⁷ Unless the LORD had given me help,
I would soon have dwelt in the silence of death.
¹⁸ When I said, "My foot is slipping,"
your unfailing love, LORD, supported me.
¹⁹ When anxiety was great within me,
your consolation brought me joy.
²⁰ Can a corrupt throne be allied with you—
a throne that brings on misery by its decrees?
²¹ The wicked band together against the righteous
and condemn the innocent to death.
²² But the LORD has become my fortress,
and my God the rock in whom I take refuge.
²³ He will repay them for their sins
and destroy them for their wickedness;
the LORD our God will destroy them.

Day 8 Psalm 20:1-5

Prayer invoking God's blessing

¹ May the LORD answer you when you are in distress;
may the name of the God of Jacob protect you.
² May he send you help from the sanctuary
and grant you support from Zion.
³ May he remember all your sacrifices

and accept your burnt offerings.

⁴ May he give you the desire of your heart
and make all your plans succeed.

⁵ May we shout for joy over your victory
and lift up our banners in the name of our God.
May the LORD grant all your requests.

Day 9 1 John 5:13-17

Praying in accordance with God's Word

¹³ I write these things to you who believe in the name of
the Son of God so that you may know that you have eter-
nal life. ¹⁴ This is the confidence we have in approaching
God: that if we ask anything according to his will, he
hears us. ¹⁵ And if we know that he hears us—whatever we
ask—we know that we have what we asked of him.

¹⁶ If you see any brother or sister commit a sin that does
not lead to death, you should pray and God will give them
life. I refer to those whose sin does not lead to death.
There is a sin that leads to death. I am not saying that you
should pray about that. ¹⁷ All wrongdoing is sin, and there
is sin that does not lead to death.

Day 10 Psalm 25:1-15

Prayer to submit to God's way

¹ In you, LORD my God, I put my trust.
² I trust in you; do not let me be put to shame,
nor let my enemies triumph over me.
³ No one who hopes in you will ever be put to shame,
but shame will come on those
who are treacherous without cause.
⁴ Show me your ways, LORD,
teach me your paths.
⁵ Guide me in your truth and teach me,
for you are God my Savior,
and my hope is in you all day long.
⁶ Remember, LORD, your great mercy and love,
for they are from of old.
⁷ Do not remember the sins of my youth and my
rebellious ways; according to your love remember me,
for you, LORD, are good.
⁸ Good and upright is the LORD;
therefore he instructs sinners in his ways.
⁹ He guides the humble in what is right
and teaches them his way.
¹⁰ All the ways of the LORD are loving and faithful
toward those who keep the demands of his covenant.
¹¹ For the sake of your name, LORD,
forgive my iniquity, though it is great.
¹² Who, then, are those who fear the LORD?
He will instruct them in the ways they should choose.
¹³ They will spend their days in prosperity,
and their descendants will inherit the land.
¹⁴ The LORD confides in those who fear him;
he makes his covenant known to them.
¹⁵ My eyes are ever on the LORD,
for only he will release my feet from the snare.