

Praying Through a Psalm

"You will seek me and find me when you seek me with all your heart." — Jeremiah 29:13

The Psalms give us permission to bring every emotion to God. Here's a simple method to turn any Psalm into your own prayer.

- 1 Read the Psalm slowly, once through, without stopping.
- 2 Read it again, and underline or note any phrase that resonates with what you're feeling today.
- 3 Turn that phrase into your own words as a prayer to God.
- 4 Notice how the Psalm often moves — from complaint to trust, or from praise to petition — and let your prayer follow that same arc.
- 5 Close by praying the Psalm's final verse(s) as your own.

Good starting Psalms: Psalm 23 (trust), Psalm 51 (confession), Psalm 103 (thanksgiving), Psalm 13 (honest lament).