

Prayer is a practice which brings us in union with God; sometimes the best way to begin embracing a life of prayer is to let others give you the words.

*“The whole reason why we pray is to be united into the vision and contemplation of him to whom we pray.”*

—Julian of Norwich (14th century)

practice — talking to God | pattern — talking with God  
posture — listening to God | presence — being with God

talking to God — \_\_\_\_\_ prayers that  
are \_\_\_\_\_

using prayers written by others:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

reference to the word of God: \_\_\_\_\_

reference to what is gained from the word of  
God: \_\_\_\_\_

response of the one praying these  
words: \_\_\_\_\_

other prayer resources:

- Book of Common Prayer* —Episcopal Church (1662-2019)
- Seeking God’s Face* —Philip Reinders
- The Lives We Actually Have* —Kate Bowler

one new prayer resource I will use this week:

## Prayer Practice

talking to God

*Psalm 119:97–104 (NIV)*



Mem  
97 Oh, how I **love** your **law**!  
I **meditate** on it all day long.

98 Your **commands** are always with me  
and make me **wiser** than my enemies.

99 I have more **insight** than all my teachers,  
for I **meditate** on your **statutes**.

100 I have more **understanding** than the elders,  
for I **obey** your **precepts**.

101 I have kept my feet from every evil path  
so that I might **obey** your **word**.

102 I have not departed from your **laws**,  
for you yourself have **taught** me.

103 How sweet are your **words** to my taste,  
sweeter than honey to my mouth!

104 I gain **understanding** from your **precepts**;  
therefore I hate every wrong path.

## Prayer Practice

*Psalm 119:97-104*



Understanding the Bible:  
What is the problem being  
expressed in this Bible passage?

How does God show up in this Bible Passage?

How does the author of Psalm 119 describe the way he  
loves the law of God?

My favorite song today:

Things I will pray for this week:

## Today's Bible Passage: Psalm 119:97-104

(Can you find the highlighted words?)

M O R E N S N U C P S H  
 U U D V R E H N S O T O  
 M S W E E T N D R A A A  
 A N D R P D N E P W T W  
 K L F Y A A T R M U U O  
 E A F E M E R S S I T R  
 V D L M E D I T A T E D  
 I N O W V T P A E T S S  
 L C S K A E N N M D H K  
 L O V E C Y I D O I T E  
 H O N E Y A S I U B T P  
 U A R G G H Y N T A E T  
 H P Y I N S I G H T N Y

Oh, how I **love** your law! I **meditate** on it all day **long**. Your **commands** are **always** with me and **make** me wiser than my **enemies**. I have **more insight** than all my teachers, for I **meditate** on your **statutes**. I have **more understanding** than the **elders**, for I **obey** your **precepts**. I have **kept** my **feet** from **every evil path** so that I might **obey** your **word**. I have not **departed** from your laws, for you yourself have taught me. How **sweet** are your words to my taste, **sweeter** than **honey** to my **mouth**! I **gain understanding** from your **precepts**; therefore I **hate every** wrong **path**.