

Three Steps to Praying a Psalm

The main idea in praying a Psalm is to pray them in your own words. Here's a few steps to get you started.

1. SWITCH TO I/YOU

Psalm 33:6

By the word of the Lord the heavens were made,
their starry host by the breath of his mouth.

By *your* word, oh Lord, the heavens were made.
The starry host come from the breath of *your* mouth.

Psalm 33:16

No king is saved by the size of his army;
no warrior escapes by his great strength.

I am not saved by the size of my army.
I do not escape by my great strength.

Practice!

Psalm 33:8-9

Let all the people of the world revere him.
For he spoke, and it came to be.

2. CHANGE DIFFICULT WORDS INTO ONES YOU KNOW.

I will extol the Lord at all times.

I will *praise* the Lord at all times.

He will make your righteous reward shine like the dawn,
your vindication like the noonday sun.

You make my *wonderful reward* shine like the dawn.
Your *victory* in my life will shine like the noonday sun.

We have heard it with our ears, O God; our
ancestors have told us what you did in their days,
in days long ago.

O God, I know what you have done. I know of your
great deeds in scripture.

Practice!

Psalm 40

I waited patiently for the Lord;
he turned to me and heard my cry.
He lifted me out of the slimy pit,
and gave me a firm place to stand.

3. SUBSITUTE CONCERNS IF NEEDED

My back is filled with searing pain;
there is no health in my body.

*I'm struggling right now. I'm worried about my
family member who is sick.*

Through you we push back our enemies.

Through you I fight back my fears.

I put no trust in my bow, my sword does not bring
me victory;

*I don't trust in my strength of intellect. They are
wonderful, but do not save me.*

Practice!

I am feeble and utterly crushed;
I groan in anguish of heart.
