

Growing Spiritually as an Elder

Scripture Prayers



Praying with scripture is done in several ways:

- 1) *Using the words of scripture*
- 2) *Using the images of scripture*
- 3) *Using the story of scripture*

Begin each time of scriptural prayer with a prayer of petition to God for guidance and revelation

Using the Words of Scripture

- 1) Reading the scripture slowly in a group or alone, listen for a phrase that “pops out” at you, calling for your attention. Draw or write that scripture on a piece of paper and put it where you will see it for several days and weeks. Live with it. Repeat it often. Write a journal of what you are learning from this gift of the word given to you.
- 2) Take a scripture of encouragement, and take it apart line by line listening to the hope it gives you. Rephrase it in your own words and apply it to your current life.
- 3) Using a psalm or one of the epistles, select a passage and insert your name or the name of another person in it and read it. For example, Psalm 54, “Save Cathy, O God, by the power of your name, and defend Cathy by your might.”

Using the Images of Scripture

- 1) Read a text like Ephesians 6:10-20 about the armor of faith, or use another text that has a vivid image for faith or God. Picture that image in whole and then in pieces in your heart and mind. How does it apply to you? Rest in it; draw it; write about it.
- 2) Read the text, or listen to it being read, and list the emotions you recognize in yourself as you hear the passage. When have you felt these ways before? Connect the emotions in the text to your life of faith. How is God using your emotions to teach you? Thank God for these gifts of sadness, joy, wonder, anger, and happiness. Thank God for each emotion raised.