

PRAYING FROM THE BOTTOM UP

A DEVOTIONAL AND PRAYER JOURNAL

BY RIVERTREE CHRISTIAN MINISTRIES



Scriptural references, unless otherwise indicated, are taken from the Holy Bible, New Revised Standard Version, New Living Translation, New King James Version, and Common English Bible.

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Prayer Changes You



Are you feeling overwhelmed during these challenging times? Is today's uncertainty getting you down? Is the constant bad news making you feel sad?

If you've answered "yes" to any of these questions, it might be time to organize your thoughts as you seek solace in prayer.

Building emotional and spiritual resilience might require you to reflect on a scripture. As you do so, ask yourself: What are you struggling with? How is God speaking to you through the scripture? These exercises will provide a framework for recording your thoughts, prayer concerns, praise reports, and daily reflections. This book provides guidelines to help you establish and reflect on your personal prayer practices.

After You Prayed, I Prayed

After you prayed, I prayed
Her pain deserved more than childhood verse –
You know, those little poems you chanted
At Big Mama's knee, when she first taught you how to
Talk to the Lord!

Her pain was as deep as the seas
As high as the clouds
As dense as all eternity!
A simple rhyming couplet would never fill the void –
No nursery tune could pack sufficient power

Or would it?

So, I stood in the lonesome gap for her
With sighs so deep I ached for her
Beseeched God's love and grace for her
Somehow knowing that God heard us both
And poured out mercy even as we spoke

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Let's Talk About Prayer

What is Prayer?



Prayer is a conversation with God. It presupposes a belief in the personality of God, God's ability and willingness to interact with us, and God's personal control of all things, creatures, and their actions. According to Charles Stanley, "Prayer is an intimate dialogue with the One who cares about you most."¹

There is no one right way to pray. Our prayers don't need to be long, creative, or dramatic. They don't need to follow a formula or script. They only need to be sincere. As a matter of fact, Matthew 6:5–8 cautions us about the use of empty phrases when we pray. God knows what we need even before we ask.

Sometimes the simplest prayers say it all. Remember the "tax collector's prayer" from Luke 18:13 (NLT)? "But the tax collector stood at a distance and dared not even lift his eyes to heaven as he prayed. Instead, he beat his chest in sorrow, saying, 'O God, be merciful to me, for I am a sinner.'" Simple, right?

The New Testament says a lot about prayer. The Apostle Paul instructed that we should pray in the Spirit on all occasions with all kinds of prayers and requests (Ephesians 6:18). In his letter to the Philippians, Paul reminds us that we should "be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God" (Philippians 4:6). He tells the church at Thessalonica to pray without ceasing (1 Thessalonians 5:17). Scripture also tells us that effectual and fervent prayers are powerful; through them we can be healed (James 5:15-16).

Through prayer, the heaviness of our hearts can be replaced with hopefulness. We can feel our scarred and broken spirits being mended. God tends to our wounds and gives us the strength to move forward through prayer. From a practical standpoint, prayer helps us let go of anger, frustration, bitterness, resentment, and any other negative energy we harbor. As we release that energy in prayer, God restores us and gives us new reasons to hope. The more we ask, the more God gives. As God answers our prayers, we learn to say, "I trust you, God."

I believe God hears our prayers and answers in God's own way and in God's own time. God changes our minds and our hearts. Through prayer, God makes us whole and gives us peace. God will serve as an unwavering force, replenishing our depleted souls over and over again in times of trouble. All we have to do is ask for help.

Are there any rules for praying?

According to Easton's Bible Dictionary, "No rules are anywhere in Scripture laid down for the manner of prayer or the attitude to be assumed."² However, the Bible does mention the following:

- Kneeling in prayer (1 Kings 8:54; 2 Chronicles 6:13; Psalm 95:6; Isaiah 45:23; Luke 22:41; Acts 7:60; 9:40; Ephesians 3:14, etc.)
- Falling prostrate (Genesis 24:26, 52; Exodus 4:31; 12:27; Matthew 26:39; Mark 14:35, etc.)
- Spreading out the hands (1 Kings 8:22, 38, 54; Psalm 28:2; 63:4; 88:9; 1 Timothy 2:8, etc.)
- Standing (1 Samuel 1:26; 1 Kings 8:14, 55; 2 Chronicles 20:9; Mark 11:25; Luke 18:11, 13, etc.)

What Does the Bible Say about Prayer?



The Westminster Dictionary of Theological Terms defines prayer as a human approach to God that addresses God in praise and adoration, confession, thanksgiving, supplication, and intercession. It is a “consciousness of God’s presence, love, and direction.”³ Those who engage in prayer may experience God’s grace. Moreover, Easton’s Bible Dictionary defines prayer as “a conversation with God; the intercourse of the soul with God, not in contemplation or meditation, but in direct address to him.” Prayer may be oral or mental, occasional or constant, ejaculatory (i.e., short or sudden expression of emotion) or formal.⁴ Examples of prayer are found in Scripture:

- It is a “beseeching the Lord” (Exodus 32:11);
- “Pouring out the soul before the Lord” (1 Samuel 1:15);
- “Praying and crying to heaven” (2 Chronicles 32:20);
- “Seeking unto God and making supplication” (Job 8:5);
- “Drawing near to God” (Psalm 73:28);
- “Bowing the knees” (Ephesians 3:14).
- A Few Famous Prayers in the Bible
- The Tax Collector’s Prayer – Luke 18:13
- Hezekiah’s Prayer When Sick – Isaiah 38:2-8
- The Prayer of Jabez – 1 Chronicles 4:10
- Elijah’s Prayer at Mount Carmel – I Kings 18:36-39
- Hanah’s Prayer of Thanksgiving – 1 Samuel 2:1-10
- David’s Prayer of Thanks – 2 Samuel 7:18-29
- Paul’s Prayer for Spiritual Growth – Ephesians 3:14-21
- A Prayer of Praise – Jude 1:24-25
- Other ...

Jesus Teaches the Disciples to Pray



The Gospels of Matthew and Luke record what Jesus teaches the disciples about prayer. They had, no doubt, seen him pray as they traveled with him in Nazareth during the early days. Jesus was their mentor, and they probably noticed something special about the master's approach to prayer. When the disciples asked to be taught, Jesus instructed them on the basic principles. Charles Stanley noted, "He taught them to persevere (Luke 11:5-8). He explained and illustrated the heavenly Father's sincere interest in His children's prayers (Luke 11:11-13). He promised them that their prayers would be heard and answered (Luke 11:9-10)."⁵

Stanley concluded that prayer is something the disciples learned to do. They weren't born knowing how to pray. Neither are we. Like the disciples, we all must learn to pray. The Lord's Prayer is recorded in a number of places in the Bible, including Matthew 6:9-13:

⁵ "And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. ⁶ But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

⁷When you are praying, do not heap up empty phrases as the Gentiles do; for they think that they will be heard because of their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him.

⁹Pray then in this way:

*Our Father in heaven,
hallowed be your name.*

¹⁰ Your kingdom come.

*Your will be done,
on earth as it is in heaven.*

¹¹ Give us this day our daily bread.

*¹² And forgive us our debts,
as we also have forgiven our debtors.*

*¹³ And do not bring us to the time of trial,
but rescue us from the evil one. ¹⁴ For if you forgive others their trespasses, your heavenly Father will also forgive you; ¹⁵ but if you do not forgive others, neither will your Father forgive your trespasses.*

As we can see, the prayer Jesus taught his disciples is a model or pattern of prayer, not a set prayer to be offered up on all occasions.

Praying in the Will of God



We should take notice that when Jesus taught his disciples to pray, he said they should pray that God's will be done. Therefore, we are to pray in the will of God. 1 John 5:14-15 says, "And this is the confidence that we have toward him, that if we ask anything according to his will, he hears us. And if we know that he hears us in whatever we ask, we know that we have the requests that we have asked of him."

In other words, when we pray according to the will of God, our prayers will be answered. But how do we know that we are praying in God's will? One might ask. The will of God is expressed in the Word of God. Some people would say that this involves praying back to God the truth of God that has already been stated in the Bible. Many people learn to pray in this manner. It is a good place to start.

I'd like to give an example here using 2 Timothy 1:7. "For God has not given us a spirit of fear, but of power and of love and of a sound mind." Especially during times of trial, many people feel discouraged by what is unknown or what they think will happen next. They feel helpless and are frozen in their fear. The Bible makes over 150 references to the phrase "*fear not*." In Matthew 10:31, Jesus reminds the disciples not to fear for daily provisions, because the Father knows their needs and is able to provide. Luke 12:7 reminds the faithful not to worry about what will come next. The writer says: "The very hairs of your head are all numbered. Do not fear, therefore, you are of more value than many sparrows." In Luke 12:32, Jesus refers to the listeners as his flock and says, "Do not fear, little flock, for it is your Father's good pleasure to give you the kingdom." And, in his instruction to Timothy, the Apostle Paul teaches his student that "God has not given us a spirit of fear, but of power and of love and of a sound mind."

We can take time to think deeply about these words of truth found in holy scripture. Based on our reflections, we can begin to pray God's word, knowing that there is assurance in God's truth. For example, you might pray this simple prayer. It is honest and based on the word of God.

Dear Lord, I admit that I have been afraid with all the scary talk during these times of trial. I'm struggling with feelings of fear. But I have been reflecting on your word. It tells us not to fear. You have not given us the spirit of fear, but of power, love, and a sound mind. Help me to remember this truth as I go through each day. Help me to leave my fear behind and to stand on your word. In Jesus' name, I pray. Amen.

Prayer is about Building a Relationship



Since I started taking a closer look at prayer about twenty years ago, I have discovered that people engage in a wide range of prayer practices and assume many postures while doing so. What we bring to the act of praying reveals something about ourselves and our relationship with God. Remember, prayer is something we learn to do, and like anything else we learn, it takes practice. The more we pray, the easier it will be to discern God's voice. And the easier it will be to know His will. Consequently, our assurance and confidence will grow proportionately.⁶

How we pray also depends on what we have been taught to value in our culture. I grew up in a Black Baptist church. As a child, I was expected to be there often and to become involved in activities available to youth. No problem. It gave me a chance to be with my friends and participate in fun and games with a religious focus. Later, as an adolescent, I was occasionally called on to lead a prayer during a devotional. Those prayers usually consisted of reciting the Lord's Prayer. Back then, they were just words to me.

It wasn't until "9/11" that I realized I needed to reevaluate my relationship with God. I needed to connect with something greater than myself. The world as we had known it had come crashing down with the Twin Towers. Like many other people, I became a fervent spiritual seeker around September 11, 2001. Out of thin air, I developed a devotional routine that included daily Bible reading. It went on what I now call a Bible binge – I would read one version of the Bible cover to cover, then pick up another, imbibing it from start to finish before moving on to the next. I read the KJV, the NKJV, the NIV, the NRSV, the NLT, the Message, the Living Bible, and the Good News Bible, not necessarily in that order. After a while, in addition to trying to feed my voracious appetite for the Word of God, I began searching for guidance through prayer.

That's when I began having candid, sincere interactions with God as I started using prayer as a reflective tool. I realized that prayer was a form of communication with God. I started looking at prayer as a way of growing closer to my Creator, the Source of my Strength. Praying started to feel like I was talking to an old friend. The more I prayed, the greater was my understanding of who God was for me. God was my friend, my confidant, my protector, my spiritual healer. He was all I needed to calm my spirits and ease any anxieties I was feeling.

Over time, my relationship with God solidified. And my level of trust soared. I kept thinking of a song I used to sing when I was young. It said, "God is the joy and the strength of my life." As I approached God in prayer, my joy and strength increased and eventually grew into total trust. The more I talked, the more I trusted.

When we talk to each other, we have a better sense of who we are in relation to the other. If this talk does not occur, misunderstanding results and signals get crossed. The same is true of our communication with God. The more we talk to God, the more acute is our understanding of God. The better we understand God, the more we are likely to trust. And if we can trust, we can learn to wait and be still until God responds according to God's timing.

Mystic and theologian Howard Thurman observed that to pray is like satisfying a hunger of the heart:

*"When the hunger in a man's heart merges with what seems to be the fundamental intent of life, communion with God the creator of Life is not only possible but urgent. The hunger of the heart . . . can be a clue to the Father's house, to the Holy of Holies, wherein the Creator of Life and the King of the Universe has His dwelling place. Prayer is the means by which this clue is pursued."*⁷

Types and Styles of Prayer

Finding Your Own Prayer Style



When all is said and done, each person will have to develop a prayer style for themselves. My personal style is a hybrid of several formats I learned in my quest to define who I am in relation to God. After spending many years as a participant and observer in various churches – black and white, rich and poor, urban and suburban – sundry houses of worship spanning a wide range of ecclesial practices, I learned to talk to God in a way that feels comfortable for me.

Life for me has been no crystal stair, as a poet once put it. And my prayers express my personal reality. Your perspective, no doubt, may demand that you interpret reality through a different lens. Your primary frame of reference may be your race, culture, education, social status, or economic position. Your gender, sexual orientation or age will also come into play. Not only that, your denominational or theological foundations might suggest particular parameters. Additionally, you are likely to be influenced by what others have taught you about prayer. The same goes for the unique triumphs and trials you have faced along the way. Nevertheless, one thing is for sure — the nature of your life experiences will most certainly influence your conversations with God.

Over the years, I have learned many important lessons about walking in faith and talking to God about it. Many of these lessons about prayer have been passed down to me by my foremothers – the mothers, grandmothers, big mamas, great-aunts, sisters, friends, and saints of my past. They lovingly modeled how faith and the power of prayer can move mountains in one's life. Their examples taught me how to press onward each day in the face of tremendous odds. I have been blessed beyond measure for having known these courageous women. And now I would like to share the blessings! Grace and peace to you!

ACTS – A Model for Prayer



The acronym ACTS stands for Adoration, Contrition, Thanksgiving, and Supplication. The model helps you organize your thoughts and provides themes you might include in your prayers. Examples of each type of prayer are found in scripture. Definitions and examples of each type are shown below.

Adoration

To exalt God's greatness. To acknowledge dependence on God. (From Latin *adorare*, "to pray to," "to adore"). The true worship of God is in recognizing God alone as the ultimate Lord.⁸

1 Chronicles 29:10-13 New Revised Standard Version (NRSV)

¹⁰ Then David blessed the LORD in the presence of all the assembly; David said: "Blessed are you, O LORD, the God of our ancestor Israel, forever and ever. ¹¹ Yours, O LORD, are the greatness, the power, the glory, the victory, and the majesty; for all that is in the heavens and on the earth is yours; yours is the kingdom, O LORD, and you are exalted as head above all. ¹² Riches and honor come from you, and you rule over all. In your hand are power and might; and it is in your hand to make great and to give strength to all. ¹³ And now, our God, we give thanks to you and praise your glorious name.

Contrition/Penitence

Expressing remorse for one's actions. Contrition (Lat. *contritio*, "a wearing away of something hard"). The state of inner sorrow for sin and desire to confess sins.⁹

Psalm 51:1-13 (NKJV)

¹Have mercy upon me, O God,
According to Your lovingkindness;
According to the multitude of Your tender mercies,
Blot out my transgressions.

²Wash me thoroughly from my iniquity,
And cleanse me from my sin.

³For I acknowledge my transgressions,
And my sin *is* always before me.

⁴Against You, You only, have I sinned,
And done *this* evil in Your sight—
That You may be found just ^[a]when You speak,
And blameless when You judge.

⁵Behold, I was brought forth in iniquity,
And in sin my mother conceived me.

⁶Behold, You desire truth in the inward parts,
And in the hidden *part* You will make me to know wisdom.

⁷Purge me with hyssop, and I shall be clean;
Wash me, and I shall be whiter than snow.

⁸Make me hear joy and gladness,
That the bones You have broken may rejoice.

⁹Hide Your face from my sins,
And blot out all my iniquities.

¹⁰Create in me a clean heart, O God,
And renew a steadfast spirit within me.

¹¹Do not cast me away from Your presence,
And do not take Your Holy Spirit from me.

¹²Restore to me the joy of Your salvation,
And uphold me *by* Your generous Spirit.

¹³*Then* I will teach transgressors Your ways,
And sinners shall be converted to You.

Thanksgiving

An expression of gratitude. Expressing appreciation to God for good things that have happened to us or others.¹⁰

Psalm 100

¹ Make a joyful noise to the LORD, all the earth.
² Worship the LORD with gladness;
come into his presence with singing.

³ Know that the LORD is God.
It is he that made us, and we are his;^[a]
we are his people, and the sheep of his pasture.

⁴ Enter his gates with thanksgiving,
and his courts with praise.
Give thanks to him, bless his name.

⁵ For the LORD is good;
his steadfast love endures forever,
and his faithfulness to all generations.

Supplication/Petition

Asking God for things you need, physical or spiritual. Accepting God's will. (From Latin *petere*, "to seek," "to ask"). A portion of a prayer that is composed of supplications and intercessions when requests are made known to God.¹¹

Psalm 27 NRSV)

- ⁷ Hear, O LORD, when I cry aloud,
 be gracious to me and answer me!
⁸ "Come," my heart says, "seek his face!"
 Your face, LORD, do I seek.
⁹ Do not hide your face from me.

- Do not turn your servant away in anger,
 you who have been my help.
 Do not cast me off, do not forsake me,
 O God of my salvation!
¹⁰ If my father and mother forsake me,
 the LORD will take me up.

- ¹¹ Teach me your way, O LORD,
 and lead me on a level path
 because of my enemies.
¹² Do not give me up to the will of my adversaries,
 for false witnesses have risen against me,
 and they are breathing out violence.

- ¹³ I believe that I shall see the goodness of the LORD
 in the land of the living.
¹⁴ Wait for the LORD;
 be strong, and let your heart take courage;
 wait for the LORD!

ACTS Prayer Example



Dear God, maker of everything that is good and perfect, we come to give you praise today. You are worthy of all honor and glory! We come confessing that we are sinners saved by your amazing grace, and we ask you to forgive us of our sins. We thank you for your goodness and mercy toward us. We pray that you will continue to show your grace in the lives of the faithful. We ask that you meet each one at their point of need and bless them out of your abundance. In the name of Jesus, we pray. Amen.

Contemplative Prayer



Rowan Williams, in his book *Where God Happens*, noted that the great founders of the church were typically practitioners of “the deep inner life of contemplation.”¹² Through such a life, they permitted themselves to acknowledge the unknowable magnificence and ineffability of God, both of which characterize modern-day mystic traditions within the Christian church.

Williams said the mystics desired to emulate Jesus, who was in perfect communion with God, and therefore believed that human nature could be transformed through surrender to God in every detail of life. So, the mystics assumed an ascetic posture of solitude and quietude to create a space to escape the distractions of the world. Williams reminded us that “If we are to respond adequately, truthfully, we must listen for the word God speaks to and through each element of the creation – hence the importance of listening in expectant silence.”¹³

According to the Center for Action and Contemplation, contemplative prayer requires that we silently remain open in God's presence; doing so "rewires" our brains to think non-dually with compassion, kindness, and a lack of attachment to the ego's preferences. The contemplative person moves beyond language to "experience God as Mystery." This type of prayer enables one to let go of the need to judge, defend, or evaluate. "During contemplation, we come to know that there is no separation between sacred and secular. All is one with Divine Reality."¹⁴ Contemplative prayer entails a "practice for a lifetime, never perfected yet always enough."¹⁵ There are many forms of contemplation, such as walking meditation, chanting, centering prayer, yoga, being in nature, observing breath, creating art, or returning to a sacred word. Praying the Psalms

These days, I often find myself praying the Psalms. St. Ambrose once defined the Psalms in this way: "A psalm is the blessing of the people, the praise of God, the commendation of the multitude, the applause of all. ... It softens anger, it gives release from anxiety, it alleviates sorrow; it is protection at night, instruction by day, a shield in time of fear, a feast of holiness, the image of tranquility, a pledge of peace and harmony."¹⁶ Michael Jinkins noted that the Psalms contain a broad range of praise, thanksgiving, and lamentation. He further stated, "First and foremost, the Psalms are prayers, and they are some of the most beautiful poetry ever penned; but the Psalms are also Holy Scripture through which God speak to us."¹⁷ On the topic of prayer, Eugene Peterson observed that it is one of "the primary tools that God uses to work his will in our bodies and souls. Prayers are tools that we use to collaborate in his work with us."¹⁸ He further asserted that the Psalms are the "best tools available" for working out our faith.

Most of us are already familiar with the Psalms. A collection of 150 poems and prayers, they express a wide variety of emotions, including: "love and adoration toward God, sorrow over sin, dependence on God in desperate circumstances, the battle of fear and trust, walking with God even when the way seems dark, thankfulness for God's care, devotion to the word of God, and confidence in the eventual triumph of God's purposes in the world."¹⁹ The devotional prompts in this book are based on some of my favorite psalms.

Deliverance (Healing) Prayer



According to many sources, deliverance prayers focus on casting out the spirit or spirits believed to cause an affliction. The *Westminster Dictionary of Theological Terms* indicates that in “healing and deliverance” prayers, emphasis is placed on God’s power to “deliver those enmeshed in sufferings and addictions of all types.”²⁰ Kim noted that this form of prayer has its roots in Pentecostal and charismatic churches with a focus on wholeness and healing in all aspects of life.

In his book entitled *Prayers That Rout Demons*, John Eckhardt explained that deliverance prayer “combines prayer and confession of the Word of God to bring breakthrough against any demonic opposition.”²¹ He further noted that “prayers and confession of the Word,” along with the power of the Holy Spirit, are essential weapons for believers in spiritual warfare.²² Examples of prayers for deliverance include, but are not limited to, blessings and favor, enlargement and increase, divine safety and protection, warfare prayers, rebuking the enemy, and destroying the enemy’s forces.²³

Lectio Divina



In the monastic tradition, the practice of lingering over and delving into a text is called “Lectio Divina,” which means “sacred reading” and provides a way to meditate on Scripture. This contemplative way of reading goes deeper than the mental comprehension of words, or using words to give answers, or solving immediate problems or concerns. Contemplation entails patiently waiting for the gaps to be filled, and it does not insist on quick closure or easy answers.²⁴ Lectio Divina involves five stages.

1. Prepare (Silencio) – Put yourself in the presence of God. Become quiet and offer yourself to God.

2. Read (Lectio) - Read the passage out loud. Slowly allow the words to “settle in your heart.” Re-read the passage out loud. Listen for the word or phrase that catches your attention and resonates with you.

3. Reflect (Meditatio) - Take time to “be” with your word or phrase. Re-read the passage quietly to yourself. Listen to where the word connects with your life right now. Ask: What do you hear and experience as you watch and listen?

4. Pray (Oratio) - Talk to God about the word or phrase that God has highlighted. Journal on how God has invited you to respond. Allow the Scripture to lead you into a prayer response.

5. Rest (Contemplatio) - Deeply receive God's word and rest in God's presence and love. Give yourself time to wait. Be still before you re-enter life as usual.

Looking at it another way, Lectio Divina's stages provide structure and guidance to help devotional readers savor the Word as a "spiritual meal." The practice enables them to relish the time spent in scripture and to bask in the joy of "meeting God" in the text.

Taize Prayer



Taizé is an ecumenical community located near the small town of Taizé, France. The community was founded in 1940 by Brother Roger, who convened brothers from all over the globe to pray for reconciliation, peace, and unity. The community spends time engaged in prayer, song, Bible study, workshops, discussion, and fellowship.²⁵ A form of contemplative worship, Taize prayer involves sung and chanted prayers, meditation, a period of silence, liturgical readings, and icons.²⁶ By singing together simple chants that are short, easy to learn, and repeated many times, “those worshiping in the style of Taizé are able to let go with their mind and to pray and listen to God with their heart. The chant becomes the prayer, and the chant becomes lost in the prayer.”²⁷

Daily Devotional Journaling

The Practice of Prayer



As you complete your journaling exercises, consider talking to God about everyday things.

- Finding your purpose
- Something you need to confess
- Your children
- Your spouse
- Something you are thankful for
- A friend who needs prayer
- Your church
- A person you find it hard to relate to
- Family members who need help
- Something you are sad about
- Something you are angry about
- Prayer for help with your spiritual gifts
- Something you feel guilty about
- Something you want God to teach you
- Help in managing your finances
- Advancement in your career
- Prayer for patience
- Prayer for discernment
- Prayer for an enemy
- Clarity on a situation
- Your siblings
- Prayer for repentance
- Prayer for forgiveness
- Anything you want to talk to God about

Let your requests be made known to God. Speak back to God the truth and promises found in God's word. I pray that this devotional and prayer guide will help you find comfort and peace as you pray from the bottom up.

Praying the Psalms



These days, I often find myself praying the Psalms. St. Ambrose once defined the Psalms in this way: “A psalm is the blessing of the people, the praise of God, the commendation of the multitude, the applause of all. . . . It softens anger, it gives release from anxiety, it alleviates sorrow; it is protection at night, instruction by day, a shield in time of fear, a feast of holiness, the image of tranquility, a pledge of peace and harmony.”²⁸ Michael Jenkins noted that the Psalms contain a broad range of praise, thanksgiving, and lamentation. He further stated, “First and foremost, the Psalms are prayers, and they are some of the most beautiful poetry ever penned; but the Psalms are also Holy Scripture through which God speak to us.”²⁹ On the topic of prayer, Eugene Peterson observed that it is one of “the primary tools that God uses to work his will in our bodies and souls. Prayers are tools that we use to collaborate in his work with us.”³⁰ He further asserted that the Psalms are the “best tools available” for working out our faith.

Most of us are already familiar with the Psalms. A collection of 150 poems and prayers, they express a wide variety of emotions, including: “love and adoration toward God, sorrow over sin, dependence on God in desperate circumstances, the battle of fear and trust, walking with God even when the way seems dark, thankfulness for God’s care, devotion to the word of God, and confidence in the eventual triumph of God’s purposes in the world.”³¹

Types of Psalms

Early in the 20th century, biblical scholar Hermann Gunkel (1862-1932) developed a method known as form criticism.³² Form criticism provides an approach to classifying each psalm by type, based on common features such as wording, structure, and social or religious life setting. Gunkel analyzed the content of the Psalms and attempted to categorize them according to the literary forms he discerned. Over time, other scholars added more types and subcategories to Gunkel’s original list.³³ Not all scholars agree on how to classify certain psalms. The following are a few examples of classification types:

Hymns or Songs of Praise – Psalm oriented exclusively toward praise

Community Laments – Prayer offered by the community

Individual Laments – Complaint or prayer for help

Individual Psalms of Thanksgiving – Offering of praise by an individual

Royal Psalms – Psalms dealing with the Israelite or Judean king of the monarchy

Wisdom / Torah Psalms – Psalms consisting of pious reflections

Penitential Psalms – Crying out for God’s mercy and asking forgiveness

Songs of Trust – Individuals expressing certainty of being heard

Imprecatory Psalms – Crying out to God for vengeance/destruction of an enemy

Journaling Your Prayers



As you engage in daily devotion, you will be asked to select and read a scripture, reflect on it, and write a prayer that expresses your feelings.

Instructions invite you to find a quiet place to sit still. What are the thoughts, concerns, and challenges you are struggling with today? How is God speaking to you through Scripture? Reflect briefly on your feelings.

Using scripture and your reflections as a guide, you are asked to write a brief prayer.

Journal Templates for Daily Use

The following templates are designed to provide a framework for your journaling. Components of the journal template are presented below.

Sections of Your Journal

Your Reflections on Today's Scripture

Find a quiet place to sit still for a time. What are the thoughts, concerns, and challenges you are struggling with today? How is God speaking to you through Scripture? Reflect briefly on your feelings.

Your Prayer Response

Using scripture and your reflections as a guide, write a prayer. Let your requests be made known to God. Speak back to God the truth and promises found in God's word. Pray on anything you want to talk to God about.

Build Your Relationship with the Lord

Consider talking to God about everyday things

Lord, thank you for ...

Lord, teach me ...

Lord, guide me ...

Prayer Requests / Praise Reports

Write your prayer requests and praise reports in this section.

In summary, when trouble overtakes you, there is no need to worry; just take it to the Lord in prayer. Turn it over to God and watch how this practice of devotion and prayer changes you. You've never seen a devotional and prayer journal like this! Why not get one for yourself and another for a friend. We are all in this together! God bless you!

Sample Journal Pages for First Edition

The following are sample pages from an actual journal.

PSALM 119:105-106 (NKJV)

Your word is a lamp to my feet and a light to my path. I have sworn an oath and confirmed it, to observe your righteous ordinances.



My Reflections on Today's Scripture
Find a quiet place to sit still for a time. What are the thoughts, concerns, and challenges you are struggling with today? How is God speaking to you through Scripture? Reflect briefly on your feelings.

Things are very uncertain these days. I have made a point to use scripture as my conceptual framework to help me get through life. The Word has not failed me yet!

My Prayer Response

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Dear Lord, I thank you for this day and all the ways you have blessed me and my family during these trying times. Thank you for your Word, for it has truly been a lamp unto my feet and a light unto my pathway. In all things I give you glory! Amen.

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Lord, teach me how to discern the truth in your Word and apply it to the modern day. Although the text is ancient, the wisdom it contains is timeless. Lord, guide me - show yourself strong in my uncertain situations. Help me to follow the leading of the Holy Spirit.

Prayer Requests / Praise Reports

My husband

My daughter

My grandchildren

My great-grandchildren

My church family

My pastor

Those grieving the loss of a loved one

Others standing in the need of

prayer

I am grateful for my health and strength

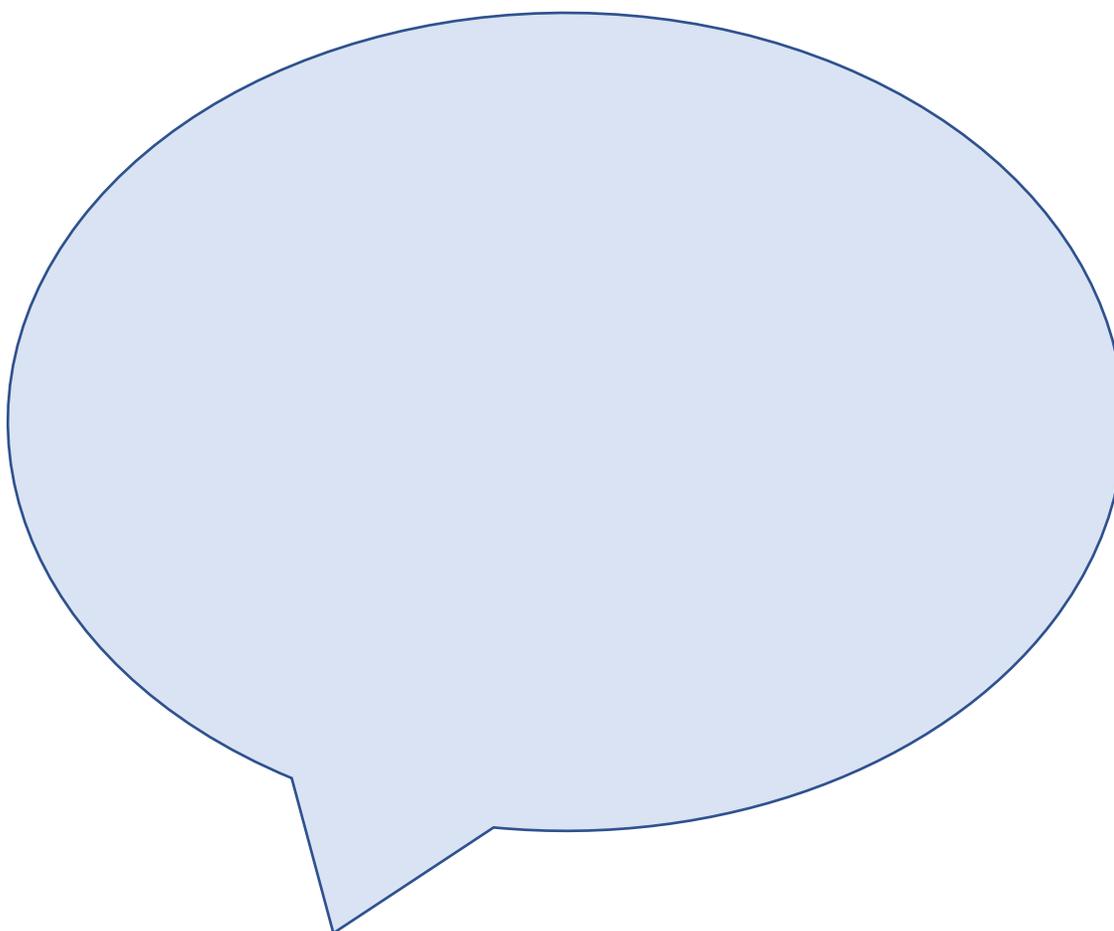
I am grateful for this ministry of prayer

PSALM 36:7-9 (NLT)

How precious is your unfailing love, O God! All humanity finds shelter in the shadow of your wings. You feed them from the abundance of your own house, letting them drink from your river of delights. For you are the fountain of life, the light by which we see.

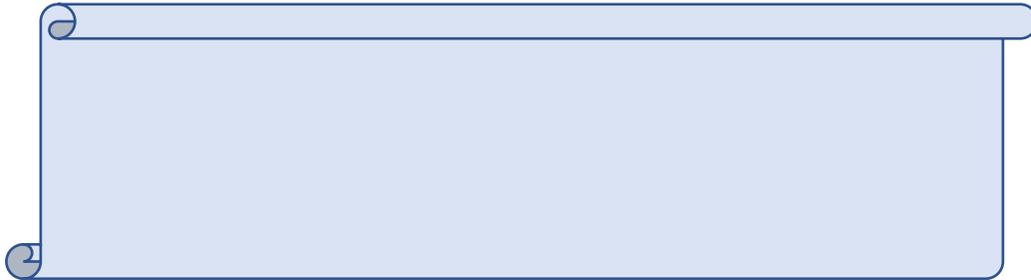
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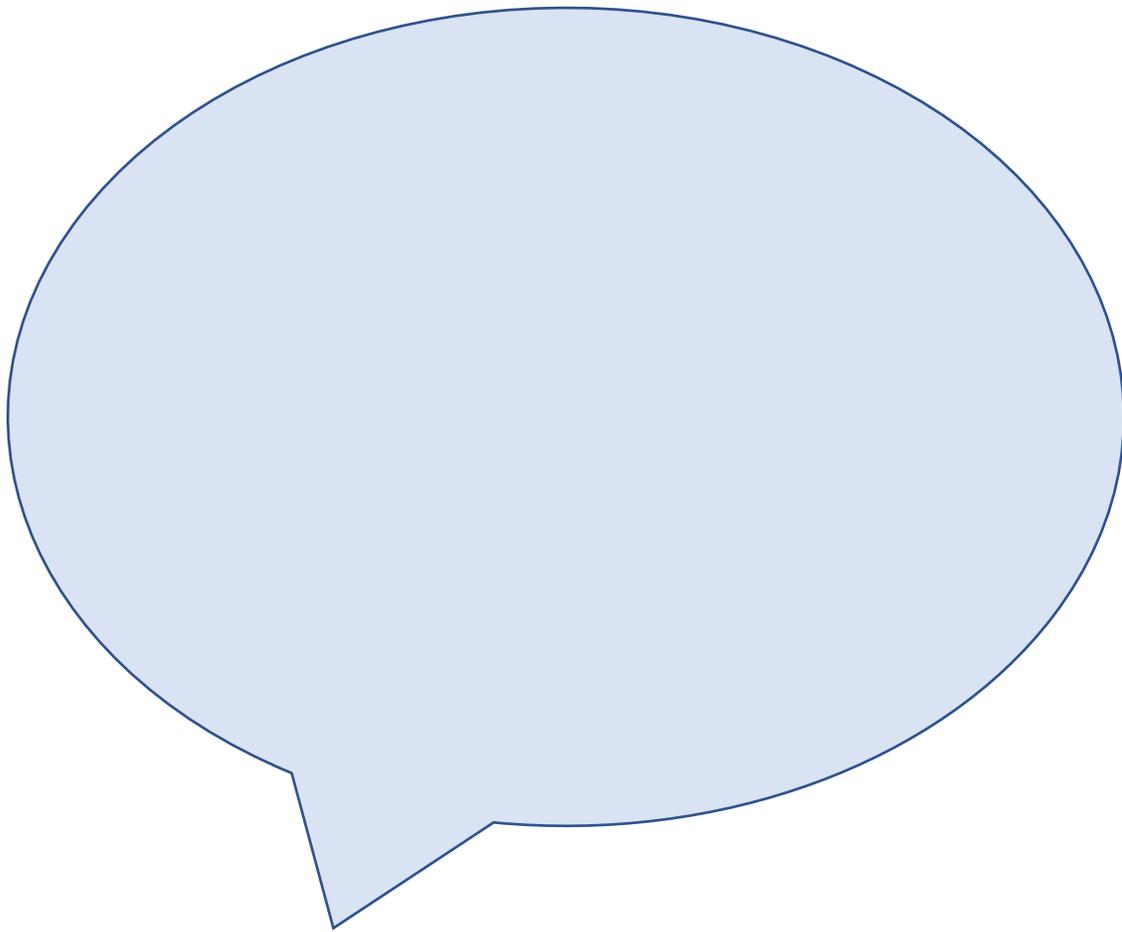
Prayer Requests / Praise Reports

PSALM 46:1-3 (NLT)

God is our refuge and strength, always ready to help in times of trouble. So we will not fear when earthquakes come and the mountains crumble into the sea. Let the oceans roar and foam. Let the mountains tremble as the waters surge! Interlude

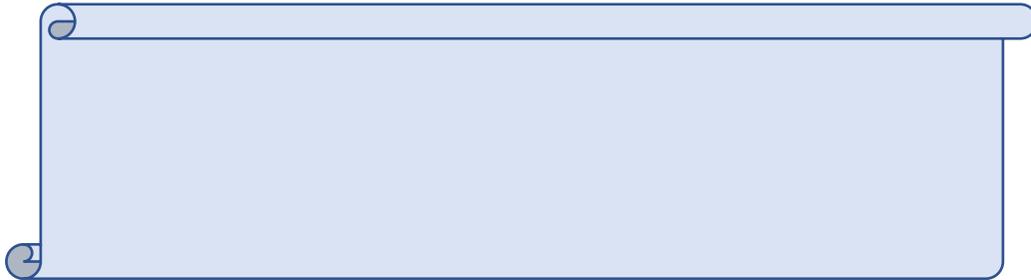
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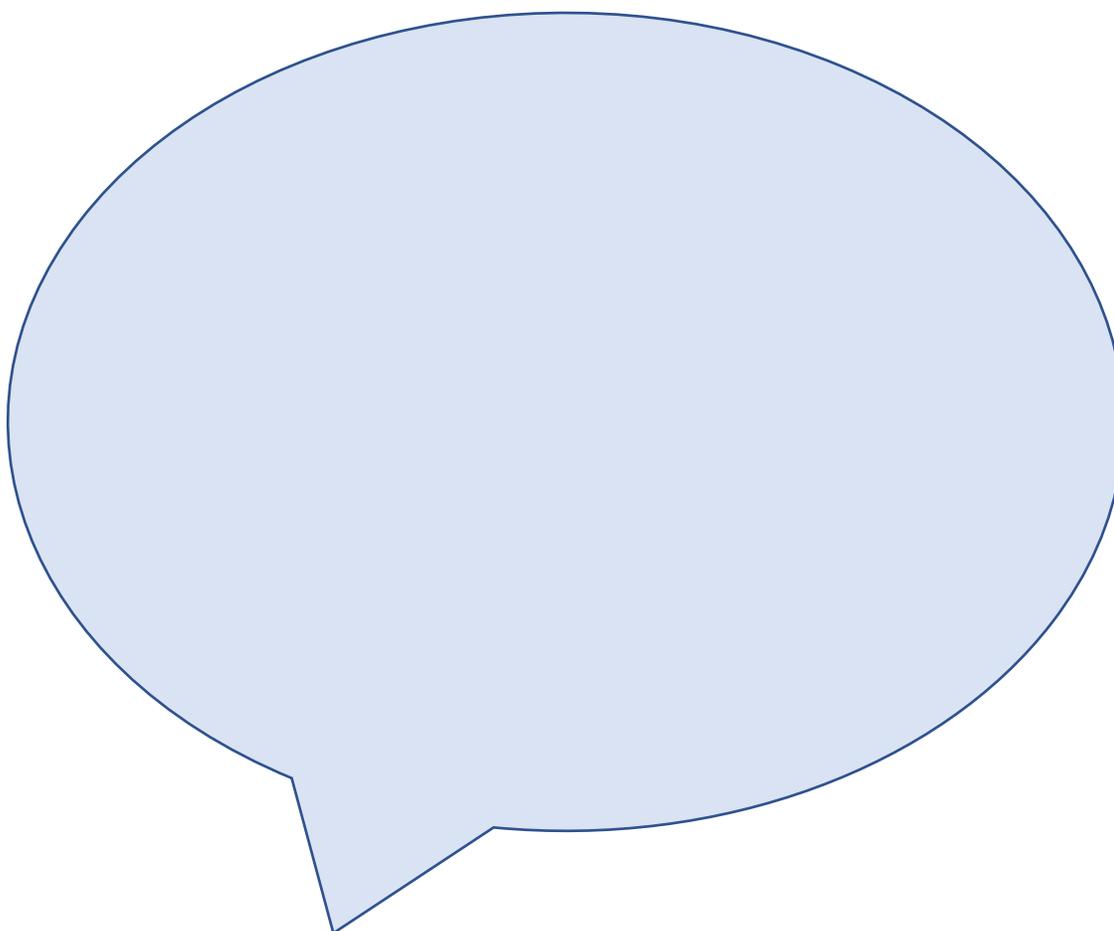
Prayer Requests / Praise Reports

PSALM 46:4-5 (NRSV)

There is a river whose streams make glad the city of God, the holy habitation of the Most High God is in the midst of the city; it shall not be moved; God will help it when the morning dawns.

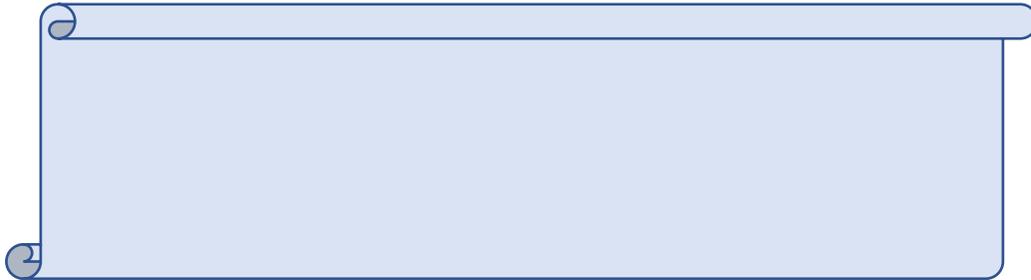
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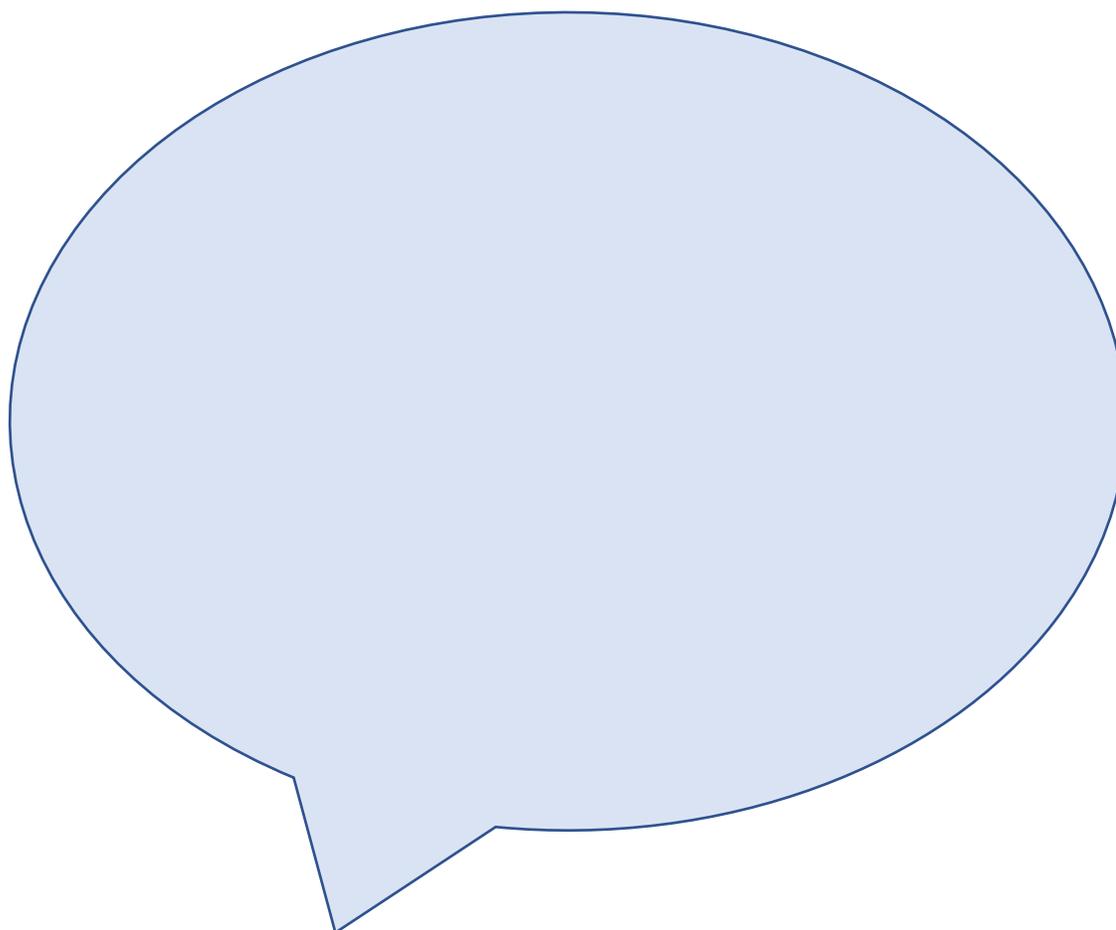
Prayer Requests / Praise Reports

PSALM 51:6-8 (NRSV)

You desire truth in the inward being; therefore, teach me wisdom in my secret heart. Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow. Let me hear joy and gladness; let the bones that you have crushed rejoice.

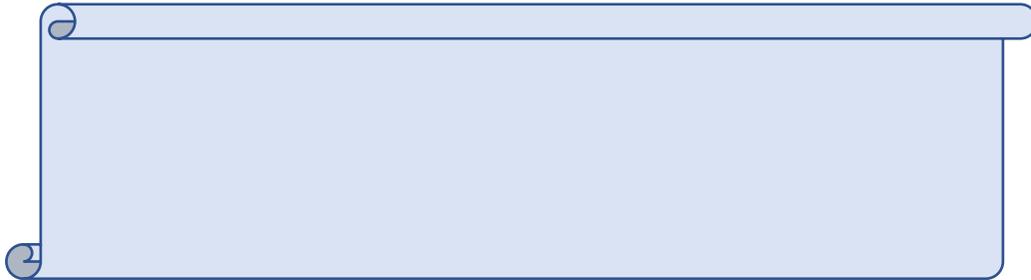
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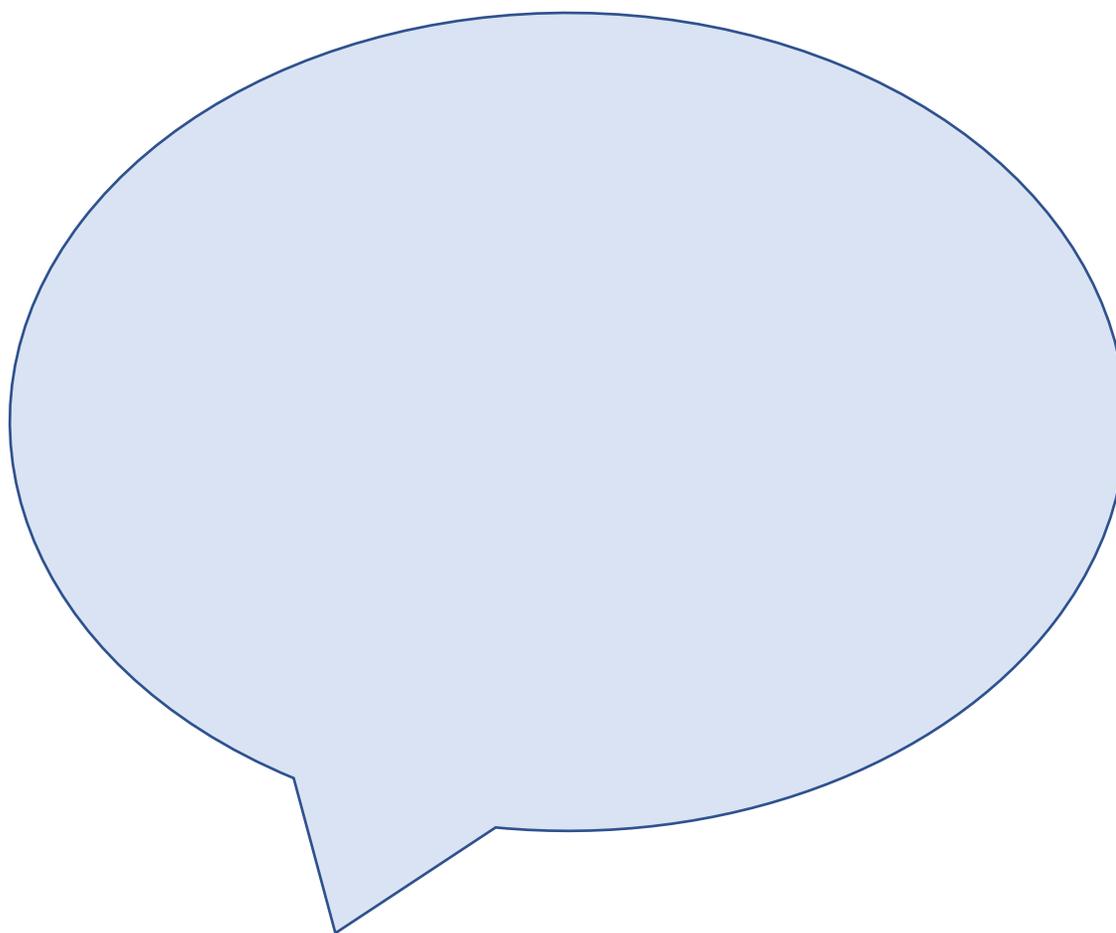
Prayer Requests / Praise Reports

PSALM 63:1 (NRSV)

O God, you are my God, I seek you, my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.

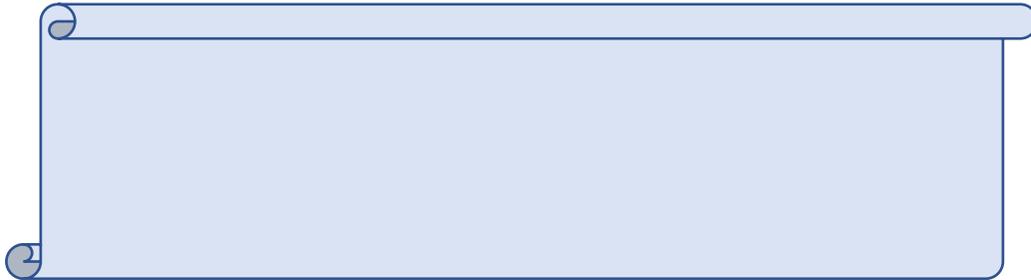
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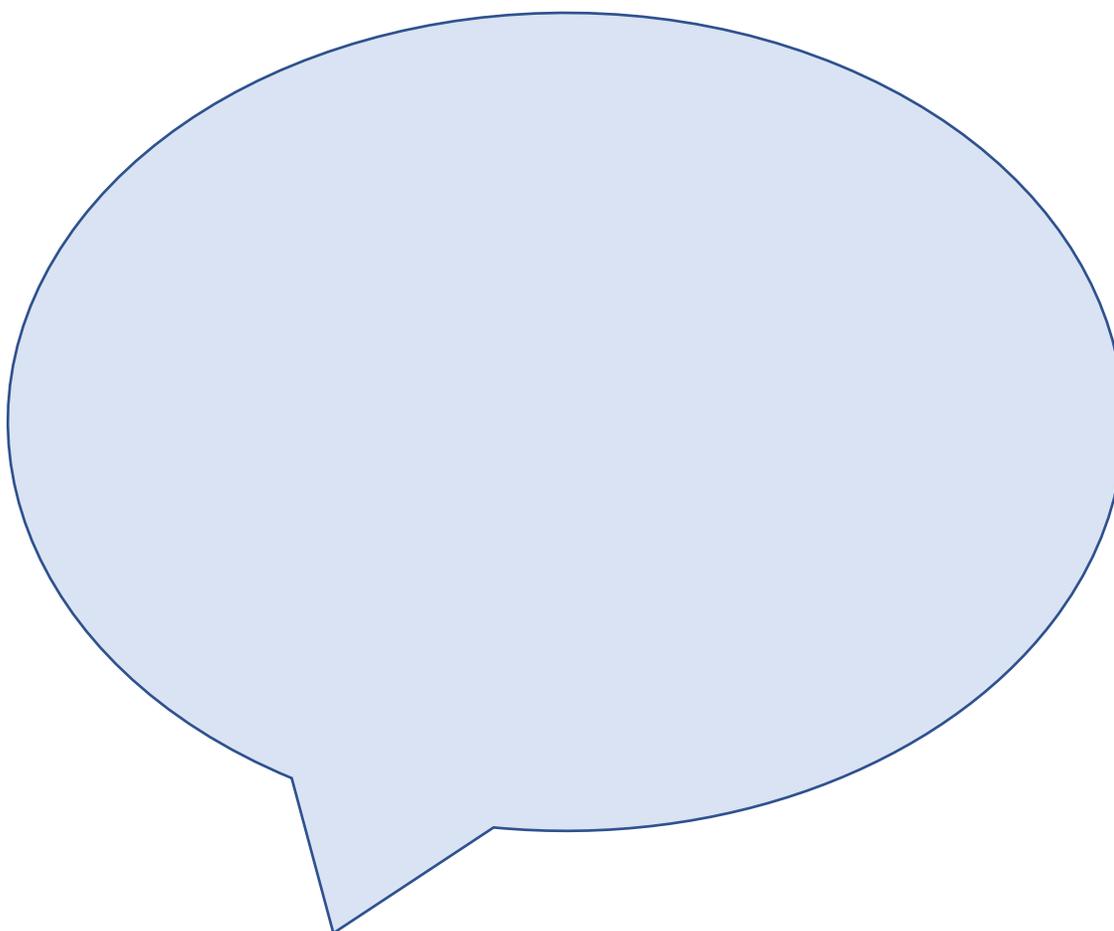
Prayer Requests / Praise Reports

PSALM 103:11-14 (NRSV)

For as the heavens are high above the earth, so great is his steadfast love toward those who fear him; as far as the east is from the west, so far he removes our transgressions from us. As a father has compassion for his children, so the LORD has compassion for those who fear him. For he knows how we were made; he remembers that we are dust.

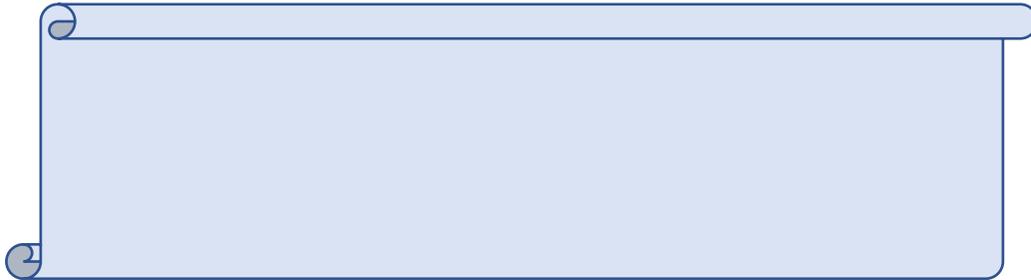
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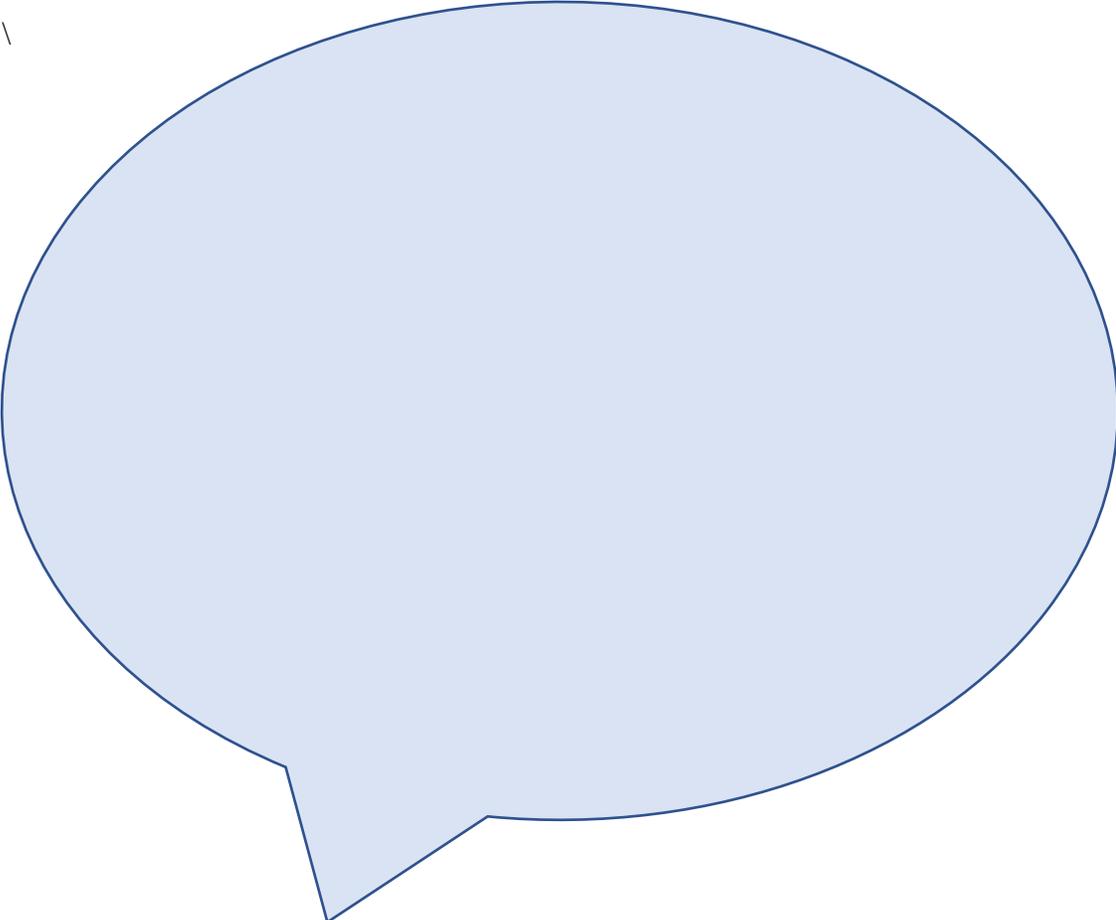
Prayer Requests / Praise Reports

PSALM 69: 1-3 (NRSV)

Save me, O God, for the waters have come up to my neck. I sink in deep mire, where there is no foothold; I have come into deep waters, and the flood sweeps over me. I am weary with my crying; my throat is parched. My eyes grow dim with waiting for my God.

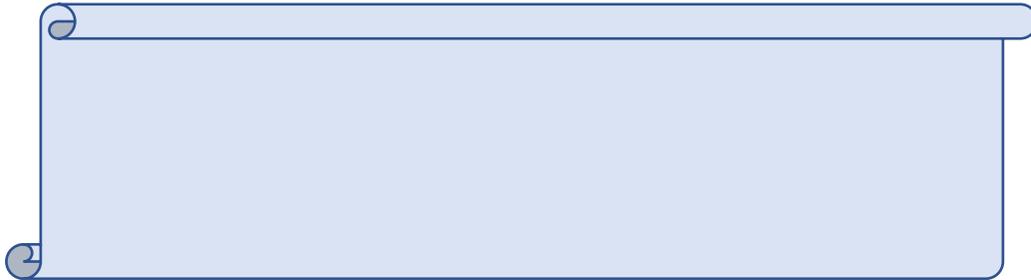
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A large, light blue speech bubble shape with a dark blue outline, intended for writing reflections. The bubble is positioned in the lower half of the page, below the reflection prompt. It has a rounded top and a pointed bottom, with a small tail pointing towards the bottom left.

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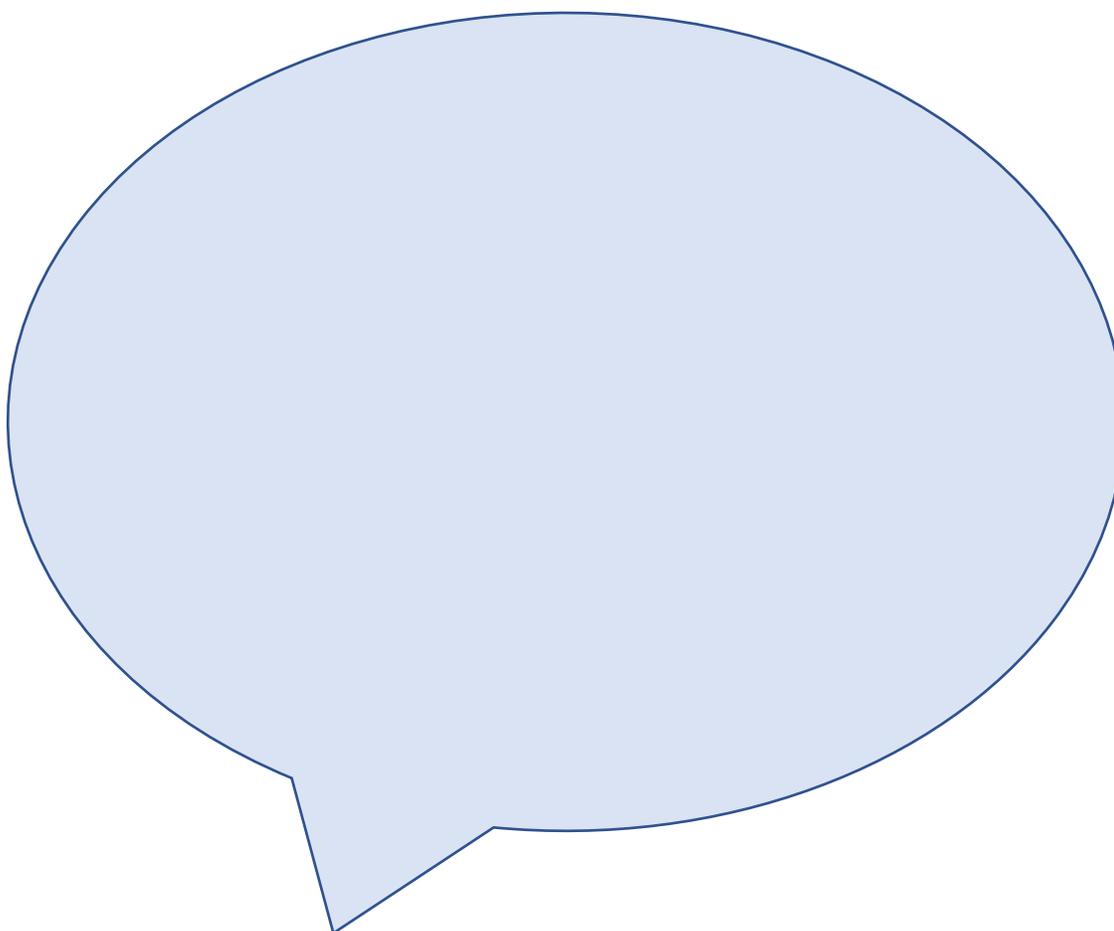
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PSALM 5:1-3 (NKJV)

Give ear to my words, O Lord, Consider my meditation. Give heed to the voice of my cry, My King and my God, For to You I will pray. My voice You shall hear in the morning, O Lord; In the morning I will direct it to You, And I will look up.

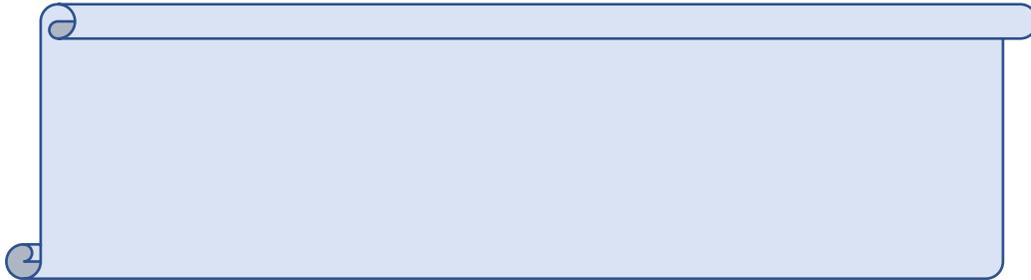
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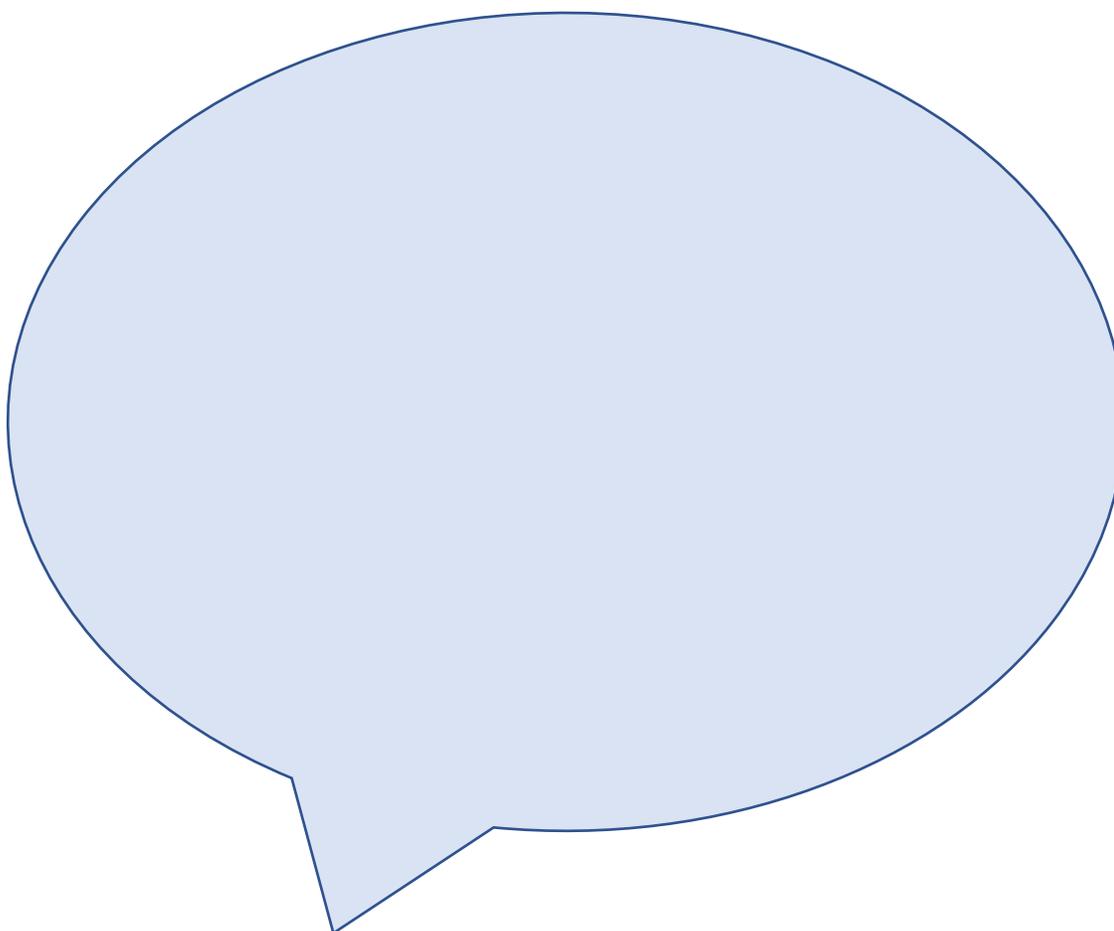
Prayer Requests / Praise Reports

PSALM 6:8-10 (NLT)

Go away, all you who do evil, for the Lord has heard my weeping. The Lord has heard my plea; the Lord will answer my prayer. May all my enemies be disgraced and terrified. May they suddenly turn back in shame.

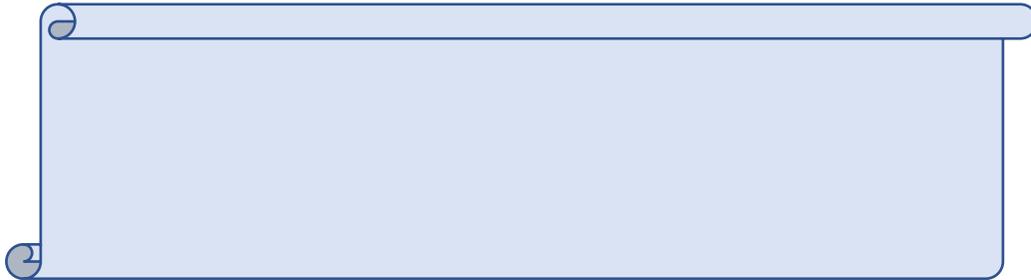
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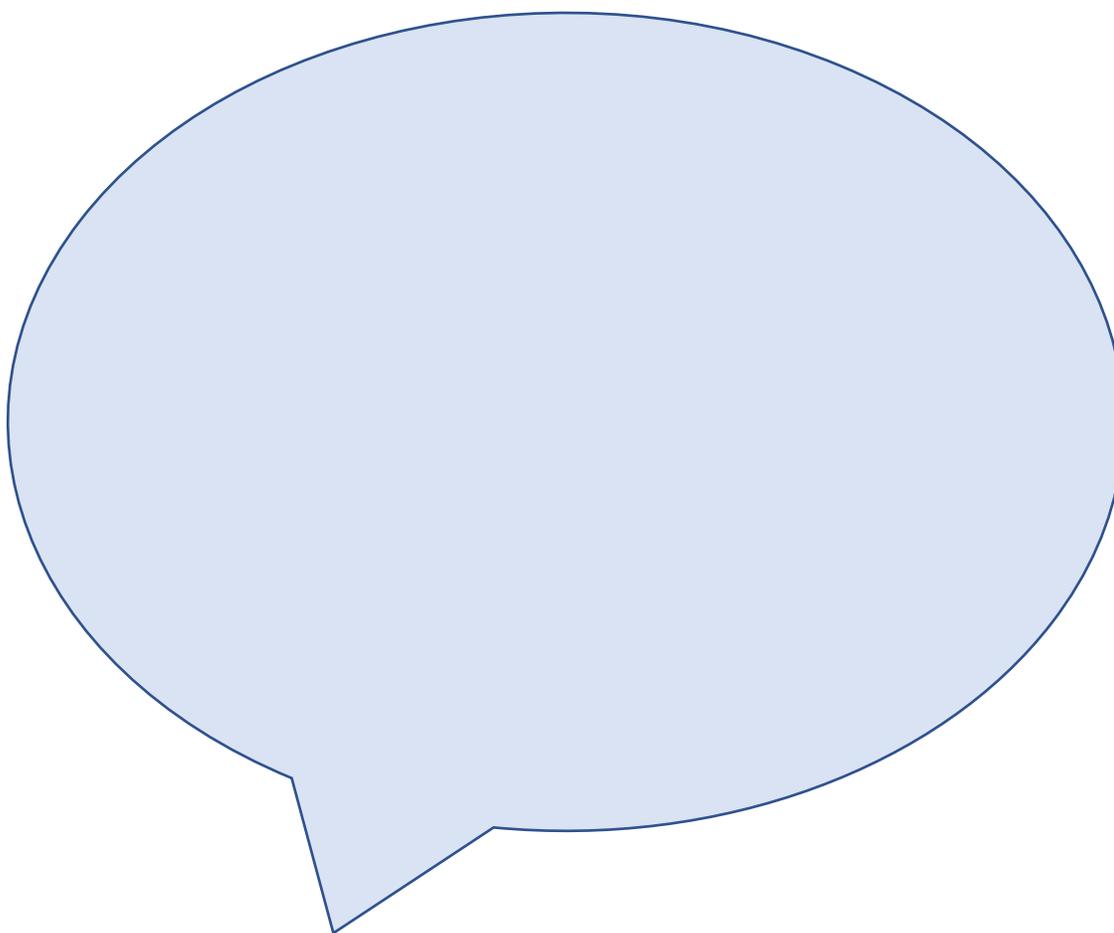
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PSALM 103:17-18 (NRSV)

But the steadfast love of the LORD is from everlasting to everlasting on those who fear him, and his righteousness to children's children, to those who keep his covenant and remember to do his commandments.

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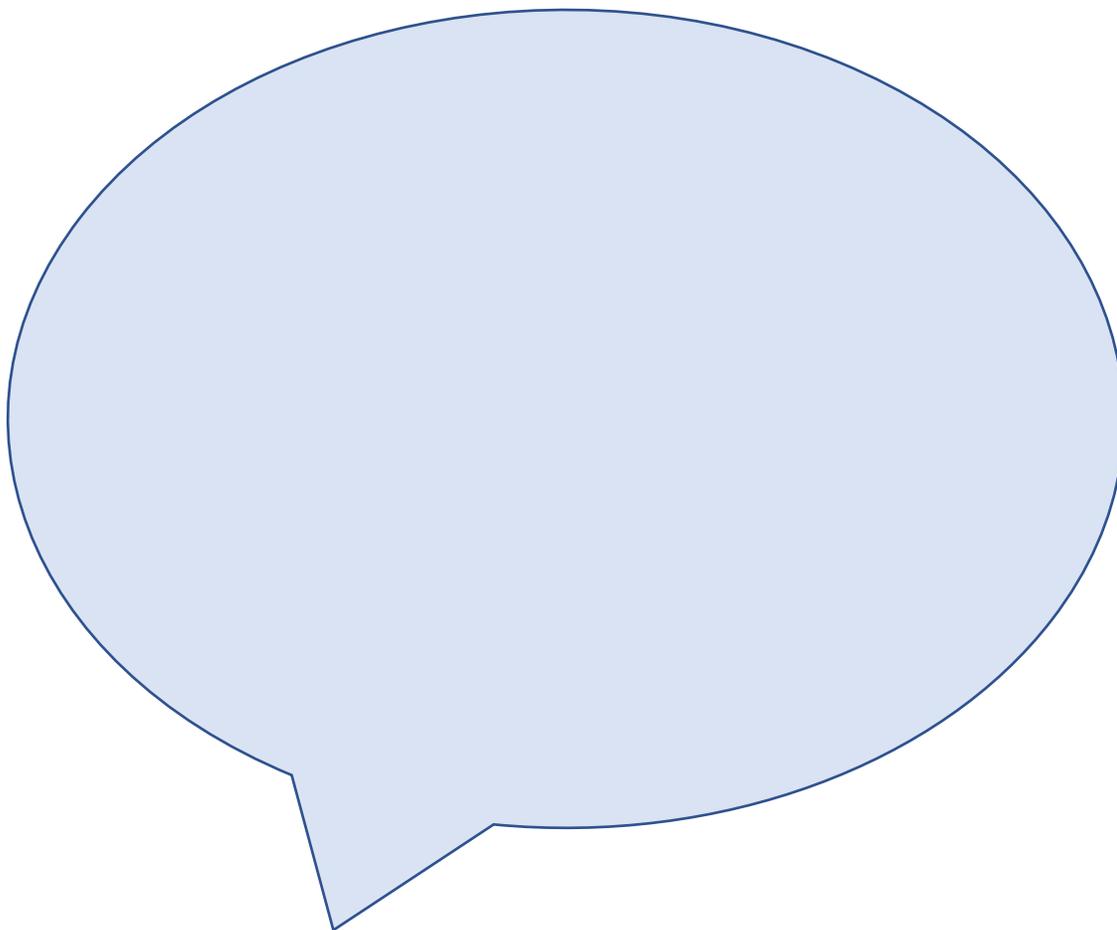
Prayer Requests / Praise Reports

PSALM 13:1-2, 5-6 (NRSV)

How long, O LORD? Will You forget me forever? How long will You hide Your face from me? How long shall I take counsel in my soul, Having sorrow in my heart daily? How long will my enemy be exalted over me? ... But I have trusted in Your mercy; My heart shall rejoice in Your salvation. I will sing to the LORD, Because He has dealt bountifully with me.

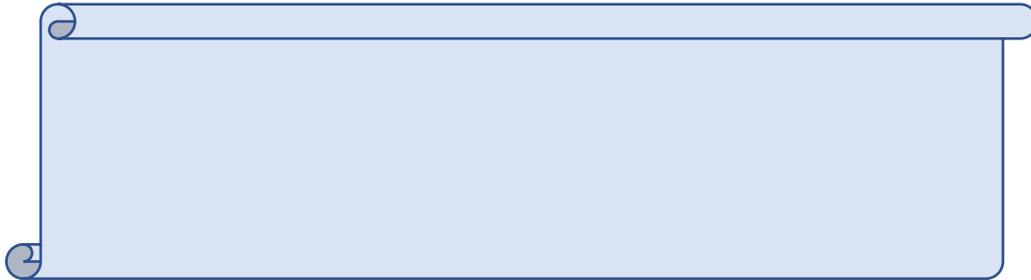
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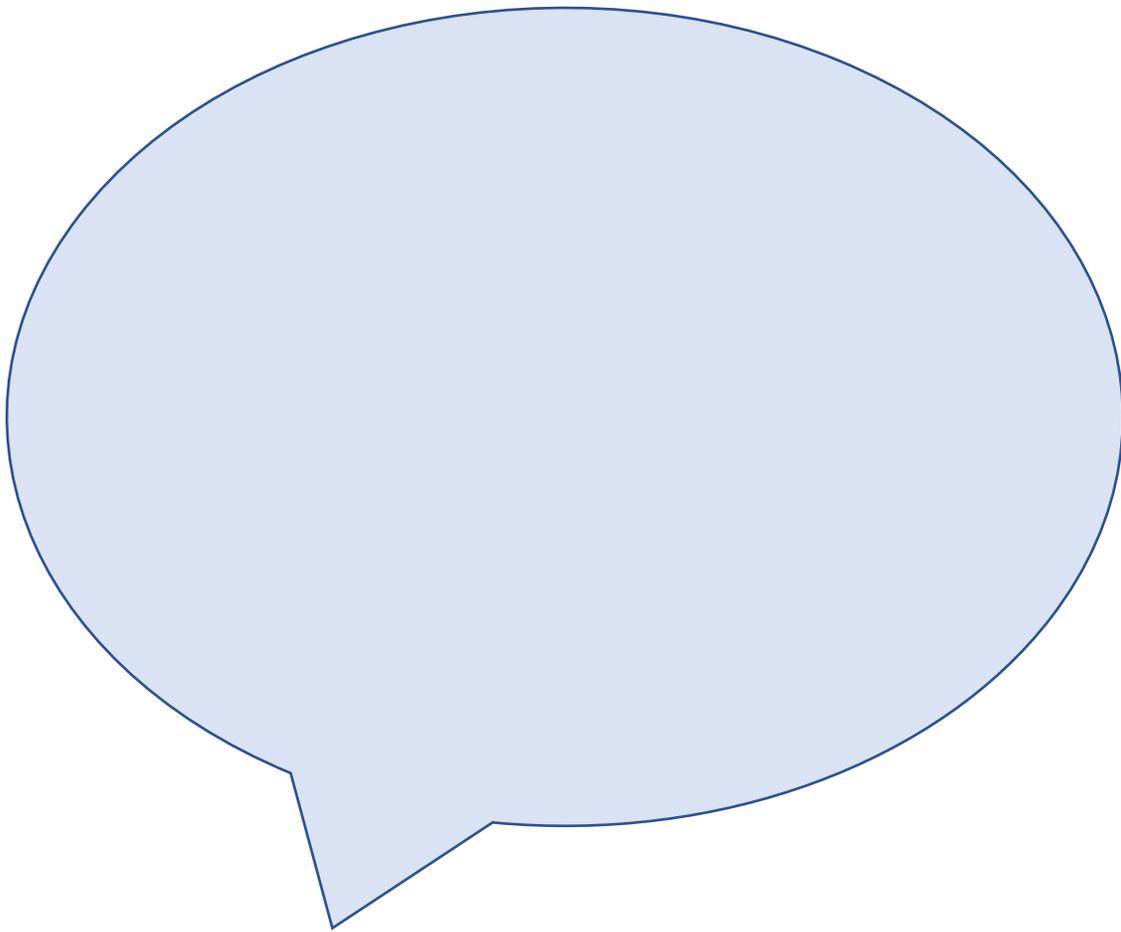
Prayer Requests / Praise Reports

PSALM 16:8-9 (NLT)

I know the Lord is always with me. I will not be shaken, for he is right beside me. No wonder my heart is glad, and I rejoice. My body rests in safety.

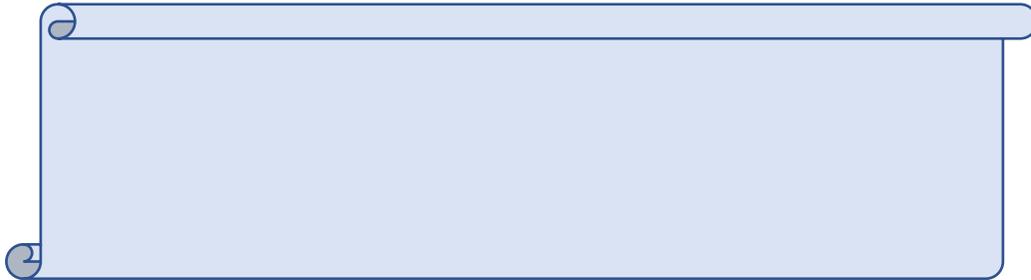
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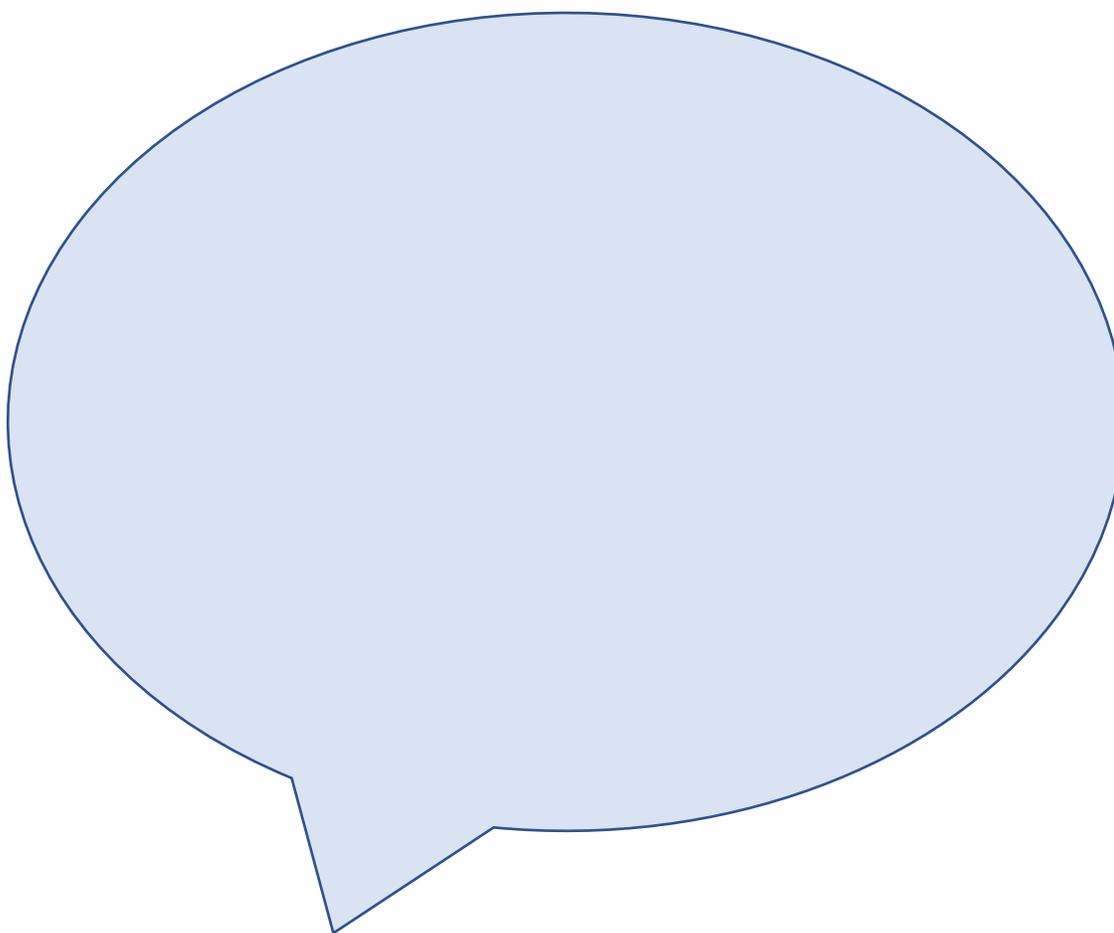
Prayer Requests / Praise Reports

PSALM 20:4-5 (NLT)

May he grant your heart's desires and make all your plans succeed. May we shout for joy when we hear of your victory and raise a victory banner in the name of our God. May the Lord answer all your prayers.

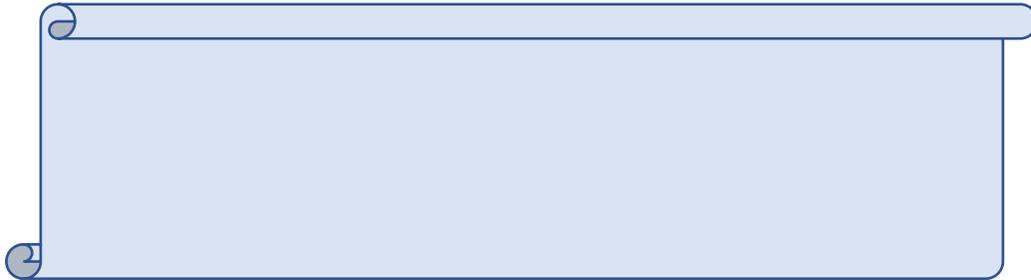
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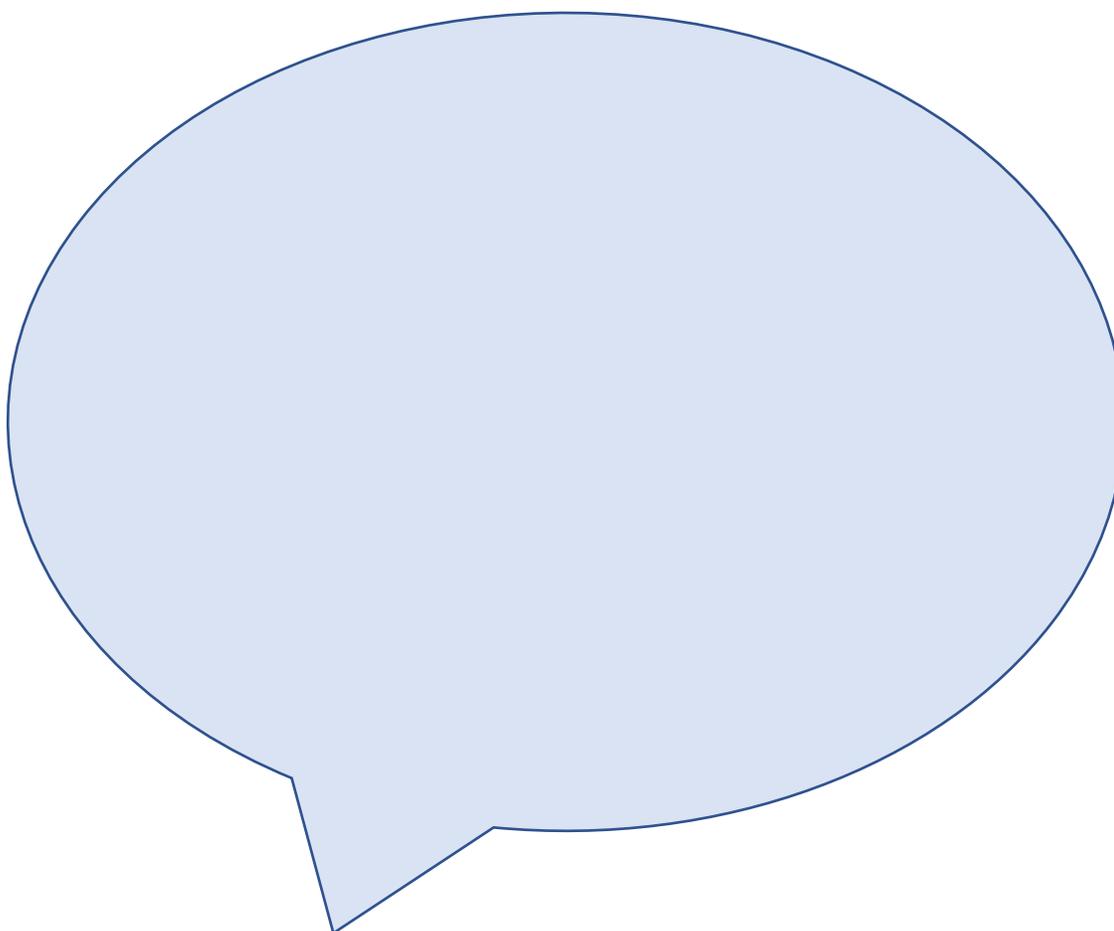
Prayer Requests / Praise Reports

PSALM 89:24-26 (NLT)

My faithfulness and unfailing love will be with him, and by my authority he will grow in power. I will extend his rule over the sea, his dominion over the rivers. And he will call out to me, 'You are my Father, my God, and the Rock of my salvation.'

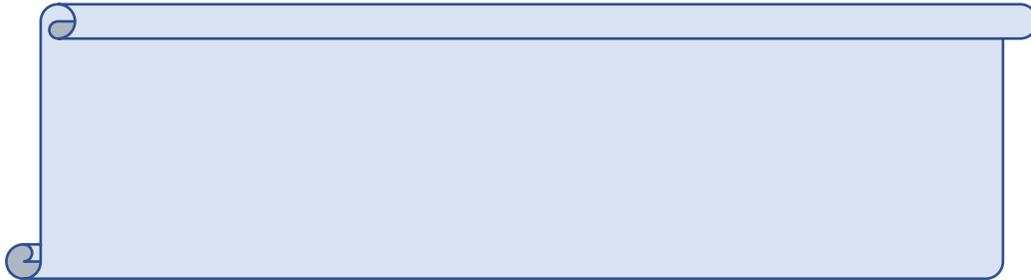
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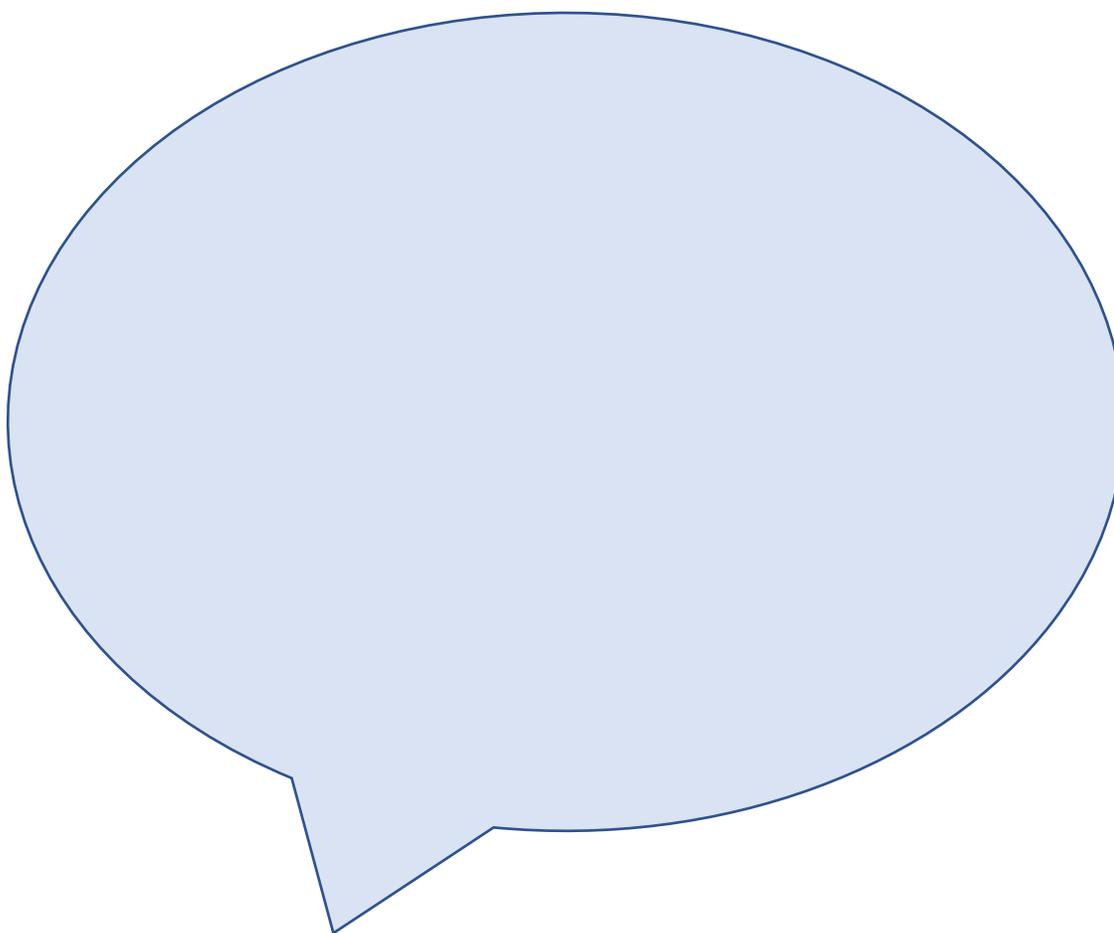
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PSALM 98:7-9 (NLT)

Let the sea and everything in it shout his praise! Let the earth and all living things join in. Let the rivers clap their hands in glee! Let the hills sing out their songs of joy before the LORD, for he is coming to judge the earth. He will judge the world with justice, and the nations with fairness.

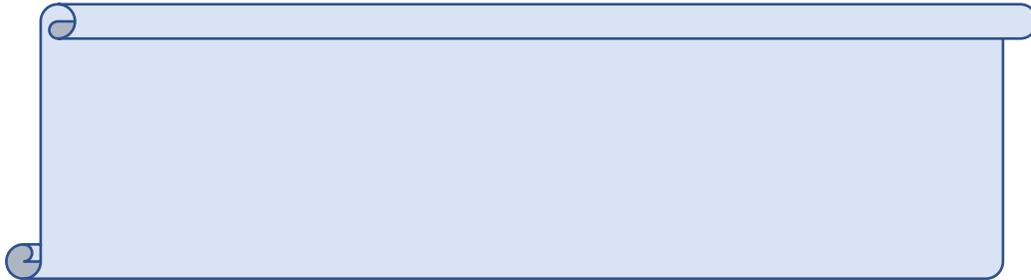
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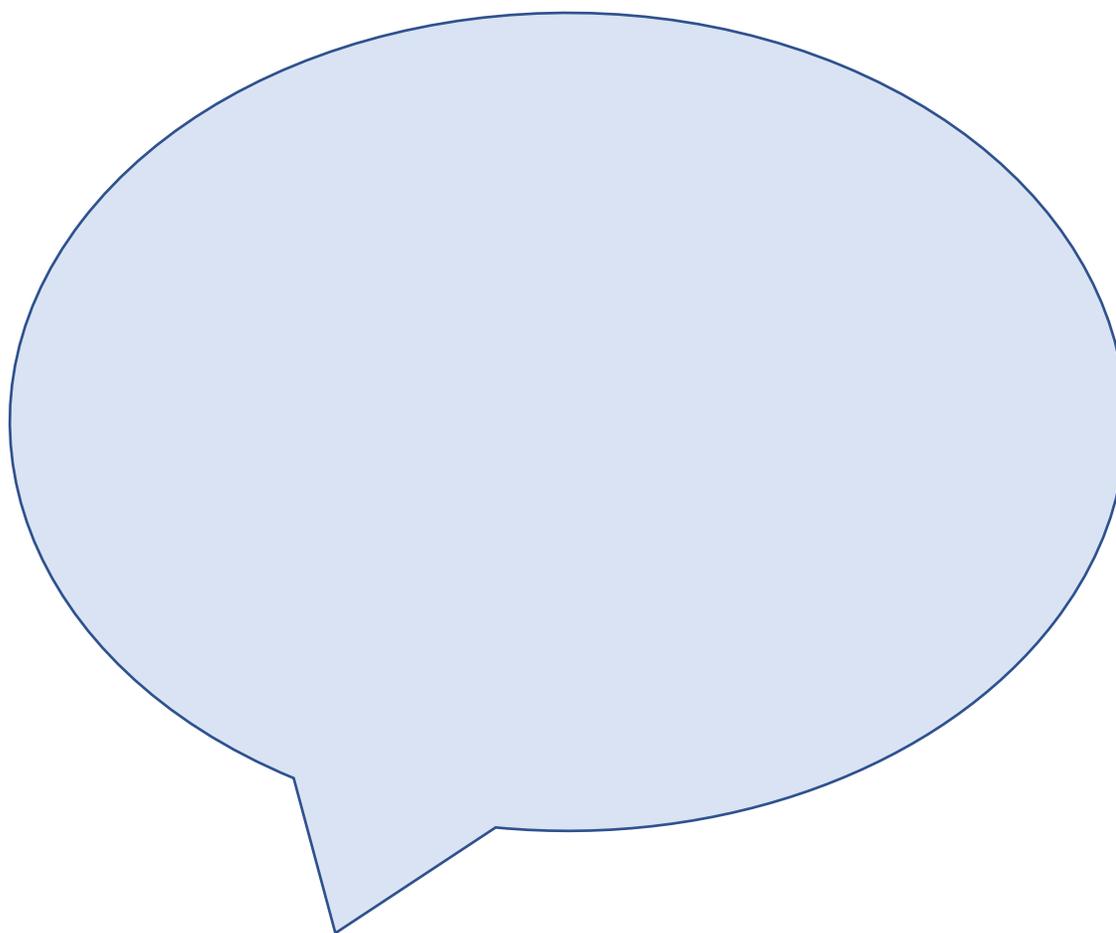
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PSALM 23:1-3 (NRSV)

The LORD is my shepherd, I shall not want. He makes me lie down in green pastures; he leads me beside still waters; he restores my soul. He leads me in right paths for his name's sake.

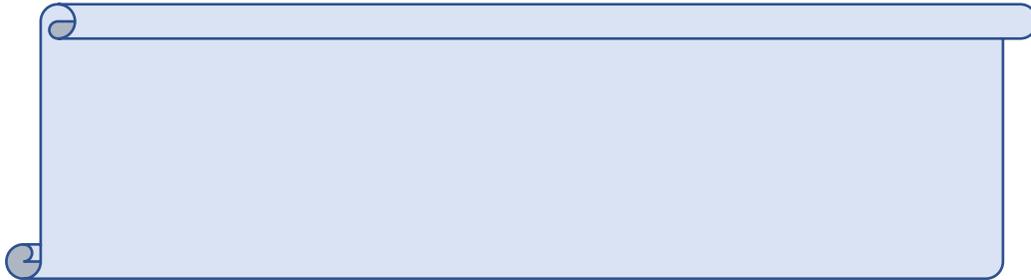
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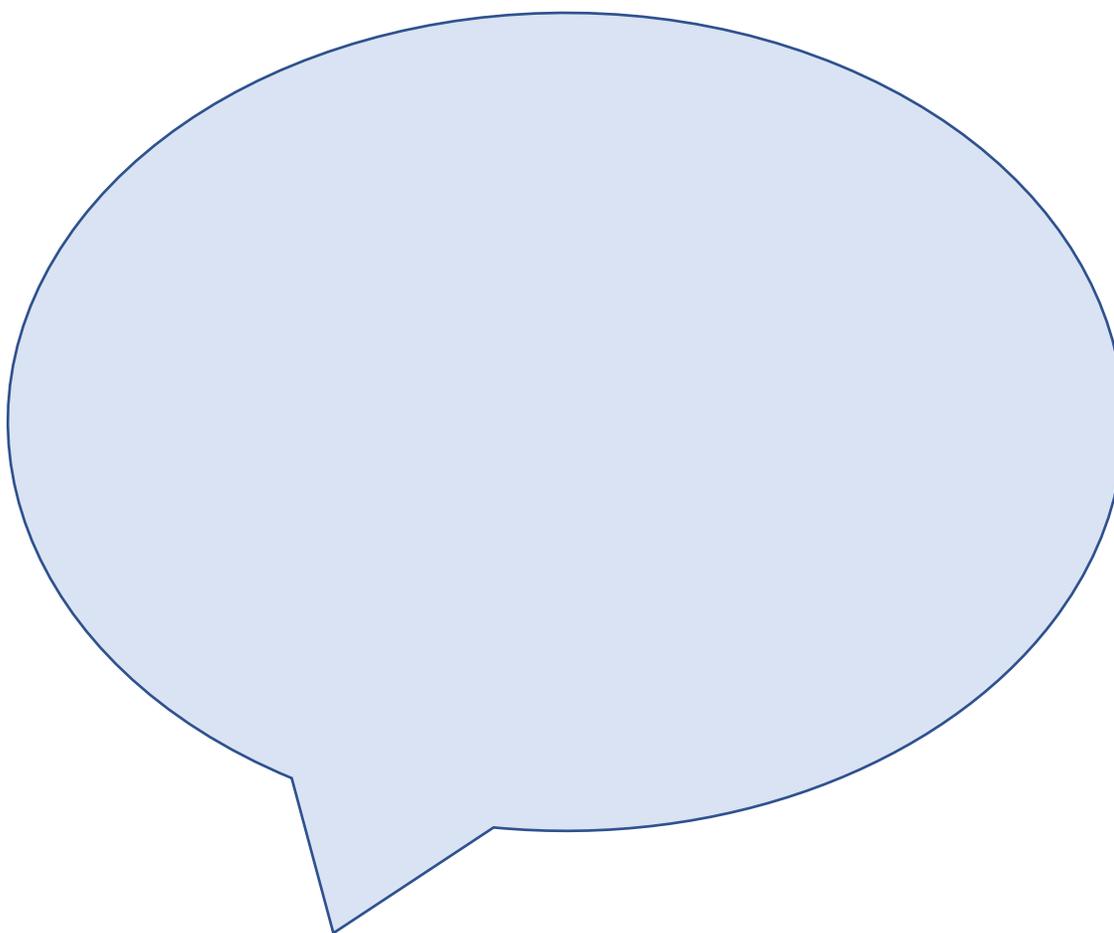
Prayer Requests / Praise Reports

PSALM 107:33-34 (NLT)

He changes rivers into deserts, and springs of water into dry, thirsty land. He turns the fruitful land into salty wastelands, because of the wickedness of those who live there.

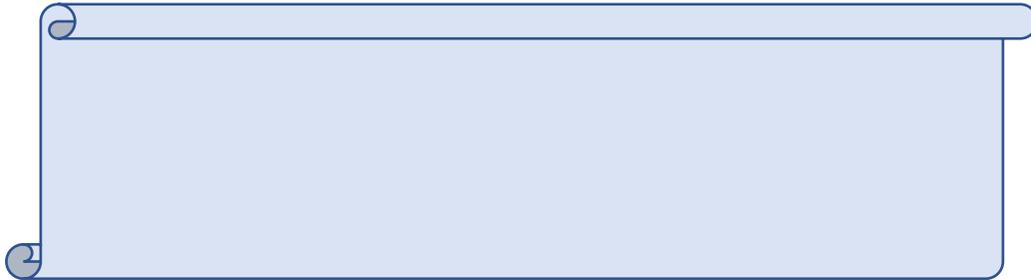
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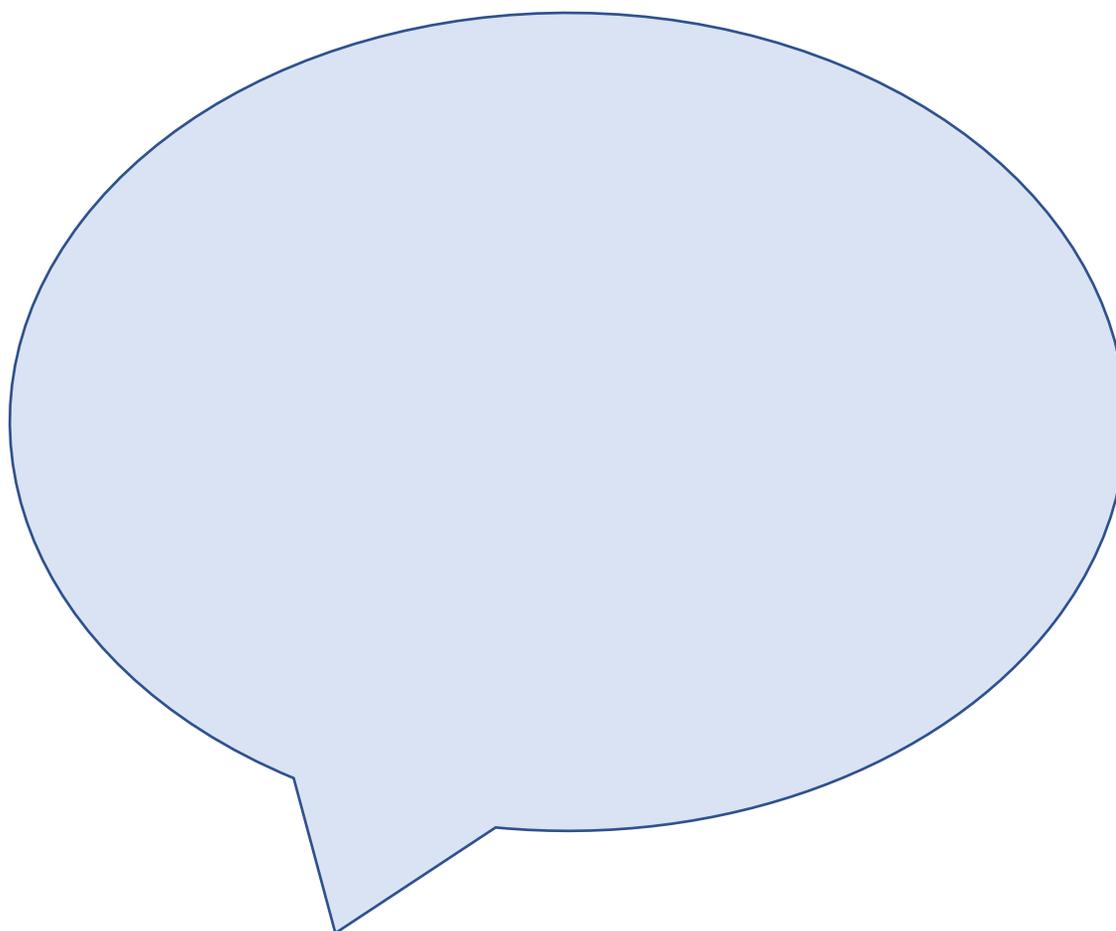
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PSALM 25:4-5 (NLT)

Show me the right path, O Lord; point out the road for me to follow. Lead me by your truth and teach me, for you are the God who saves me. All day long I put my hope in you.

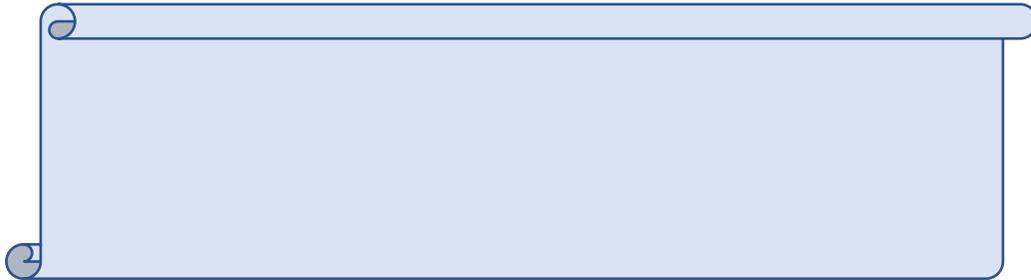
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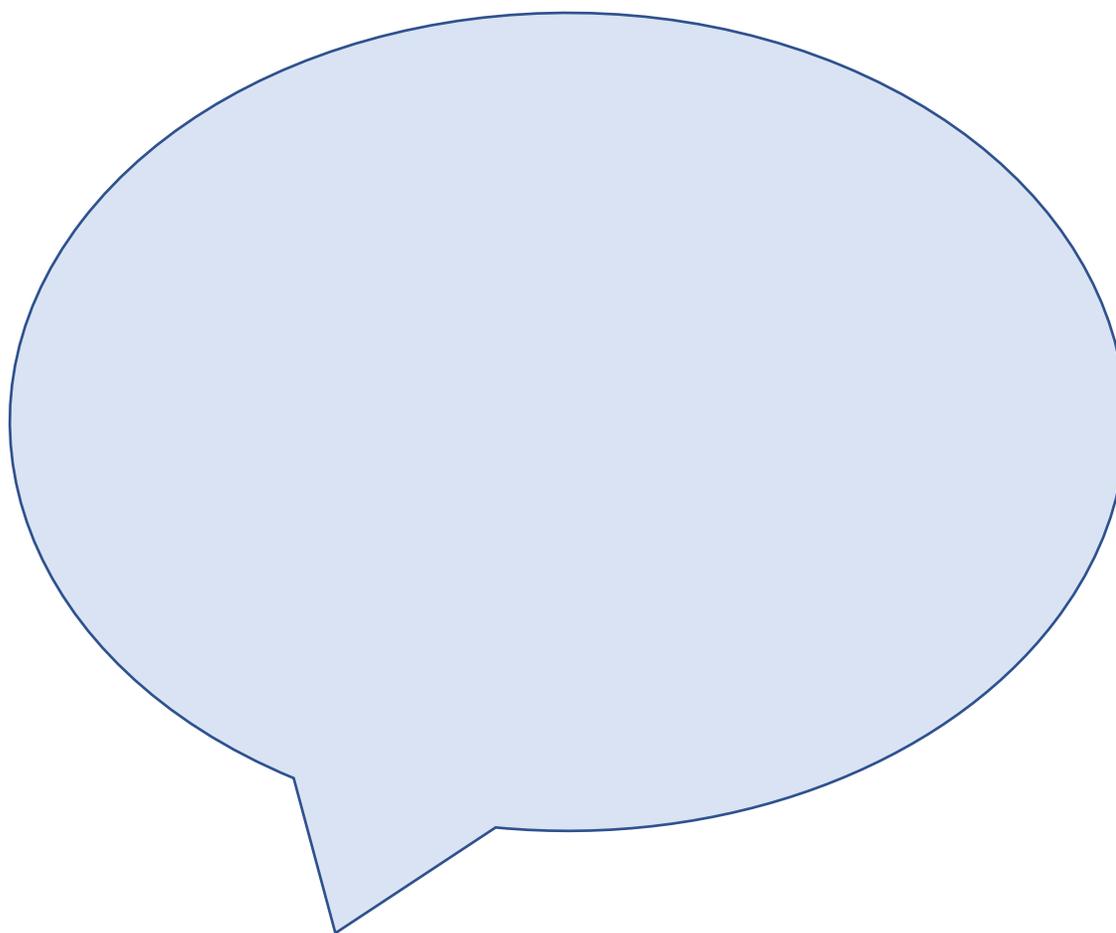
Prayer Requests / Praise Reports

PSALM 27:1 (NRSV)

The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid?

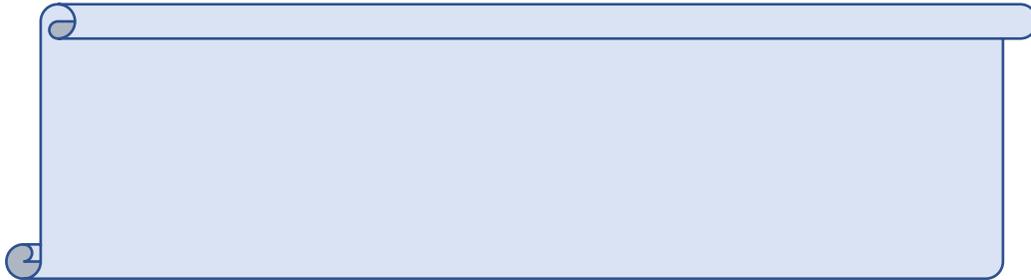
My Reflections on Today's Scripture

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Build Your Relationship with the Lord

Consider talking to God about everyday things

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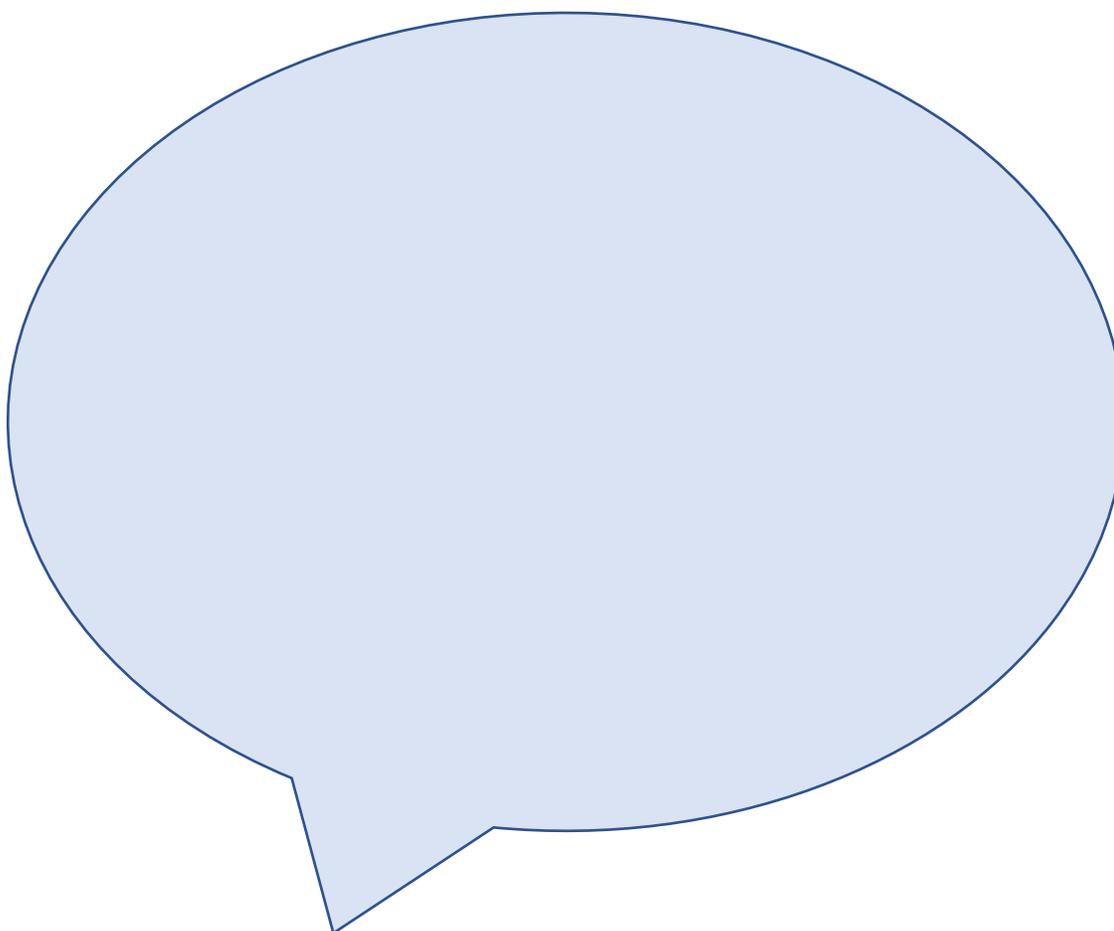
Prayer Requests / Praise Reports

PSALM 147:3-5 (NLT)

He heals the brokenhearted and bandages their wounds. He counts the stars and calls them all by name. How great is our Lord! His power is absolute! His understanding is beyond comprehension!

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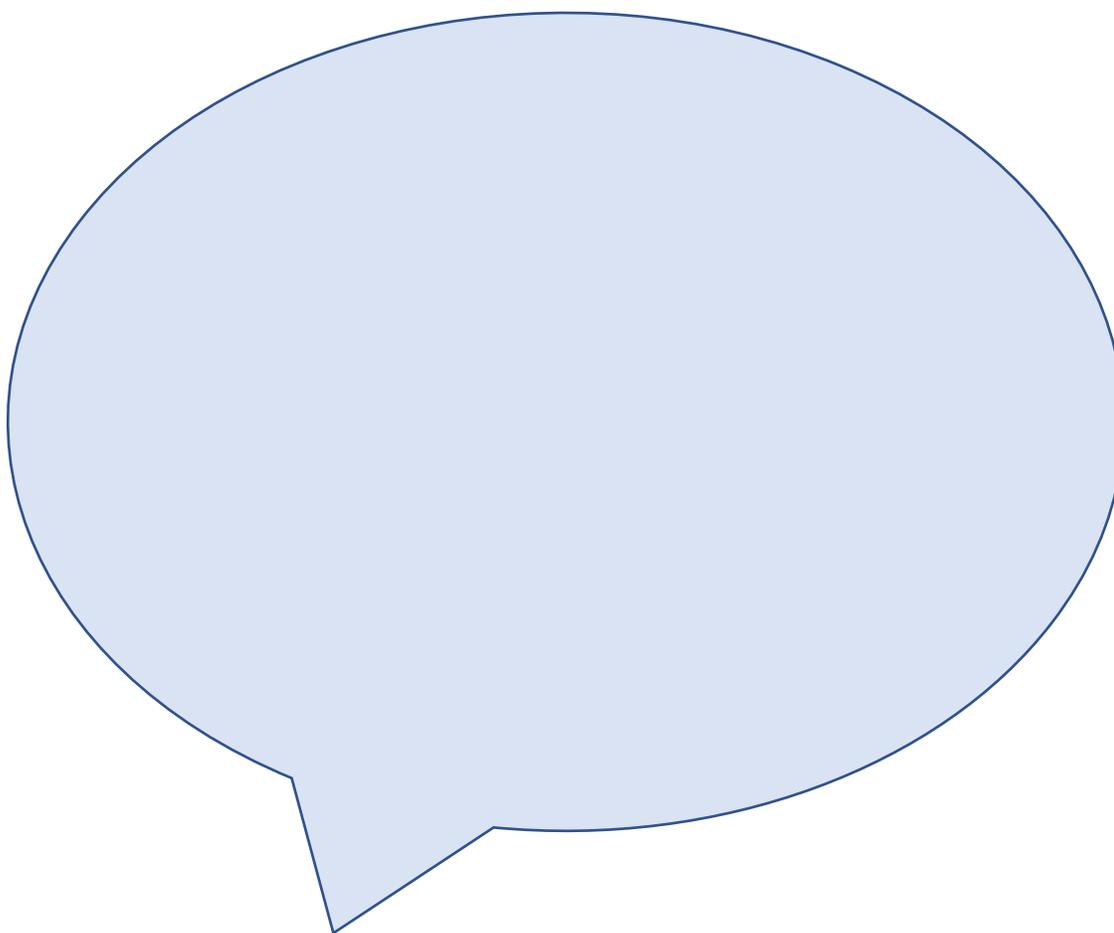
PSALM 27:4-5 (NRSV)

One thing I asked of the LORD, that will I seek after: to live in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in his temple.

For he will hide me in his shelter in the day of trouble; he will conceal me under the Cover of his tent; he will set me high on a rock.

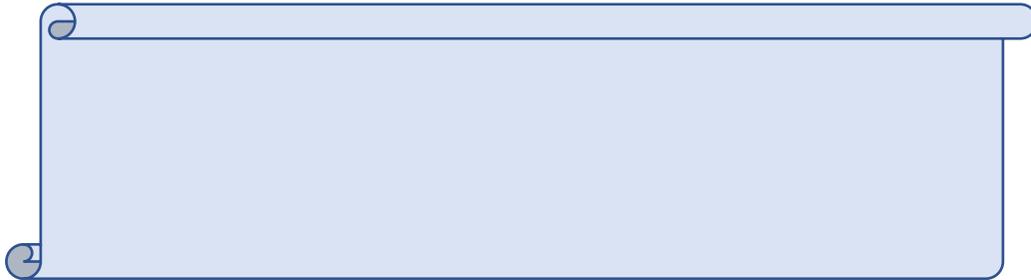
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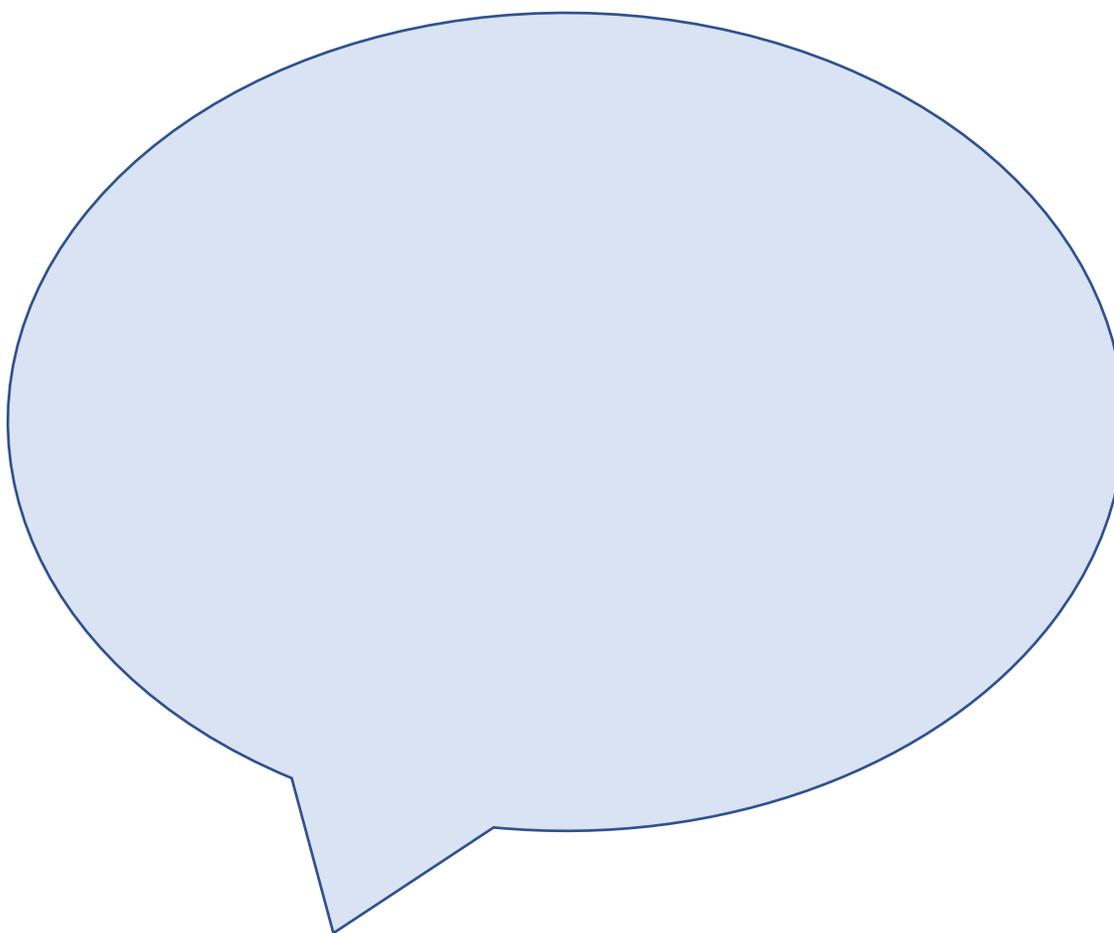
Prayer Requests / Praise Reports

PSALM 30:11-12 (NRSV)

You have turned for me my mourning into dancing; You have put off my sackcloth and clothed me with gladness, to the end that my glory may sing praise to You and not be silent. O LORD my God, I will give thanks to You forever.

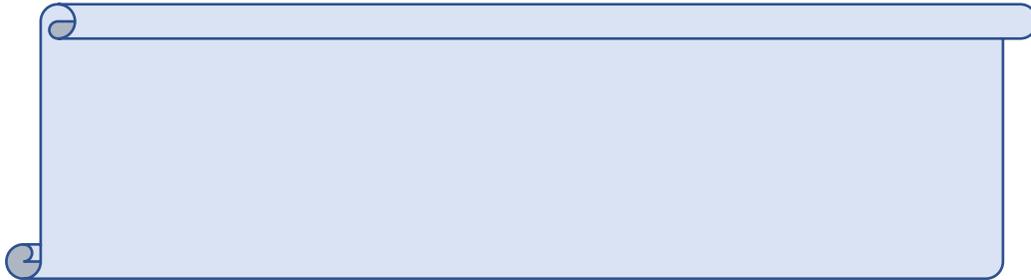
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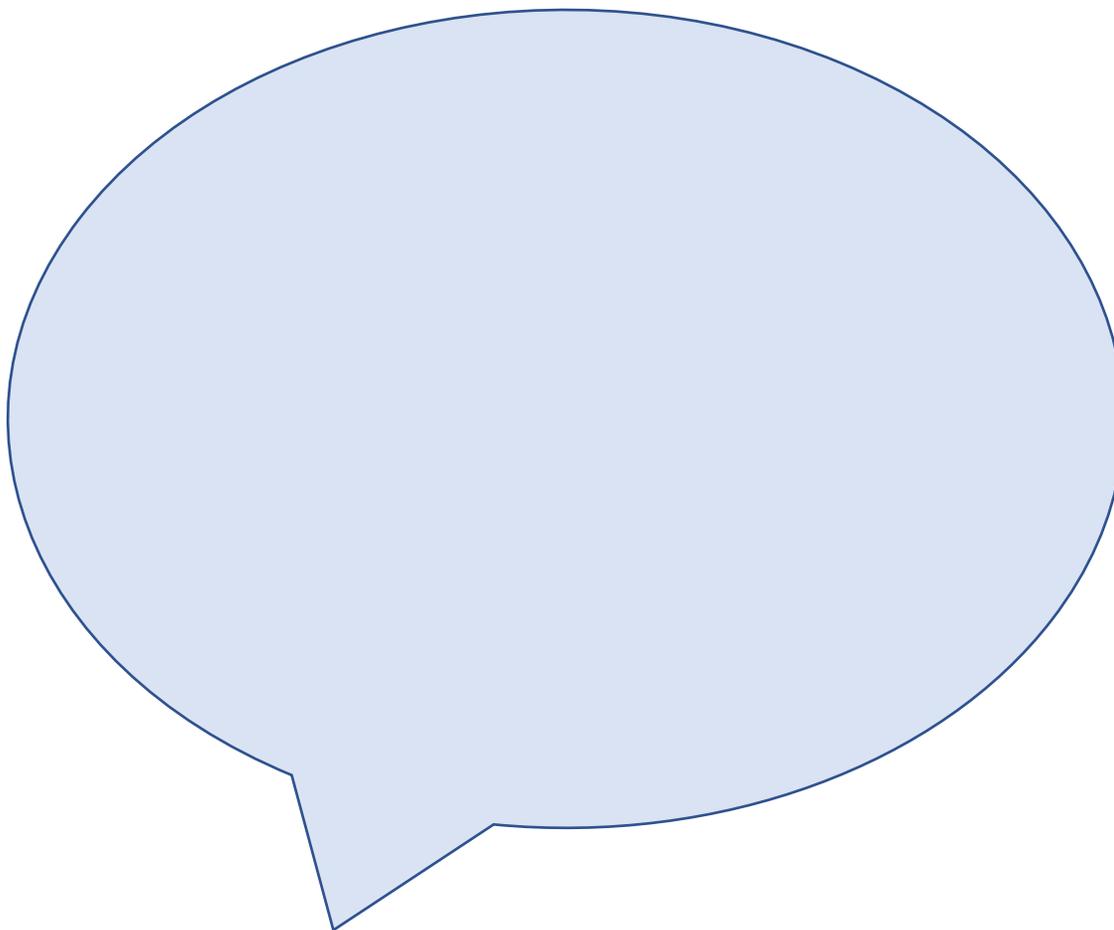
Prayer Requests / Praise Reports

PSALM 34:1-3 (NRSV)

I will bless the LORD at all times; His praise shall continually be in my mouth. My soul shall make its boast in the LORD; The humble shall hear of it and be glad. Oh, magnify the LORD with me, And let us exalt His name together.

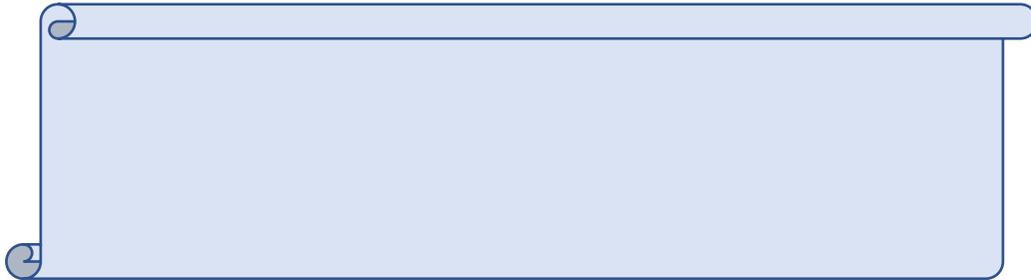
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Prayer Requests / Praise Reports

PSALM 37:3-5 (NRSV)

*Trust in the LORD, and do good; Dwell in the land, and feed on His faithfulness.
Delight yourself also in the LORD, And He shall give you the desires of your heart.
Commit your way to the LORD, Trust also in Him, And He shall bring it to pass.*

My Reflections on Today's Scripture

Find a quiet place to sit still for a time. What are the thoughts, concerns, and challenges you are struggling with today? How is God speaking to you through Scripture? Reflect briefly on your feelings.

A large, light blue speech bubble shape with a dark blue outline, intended for writing reflections. The bubble is empty and occupies the lower half of the page.

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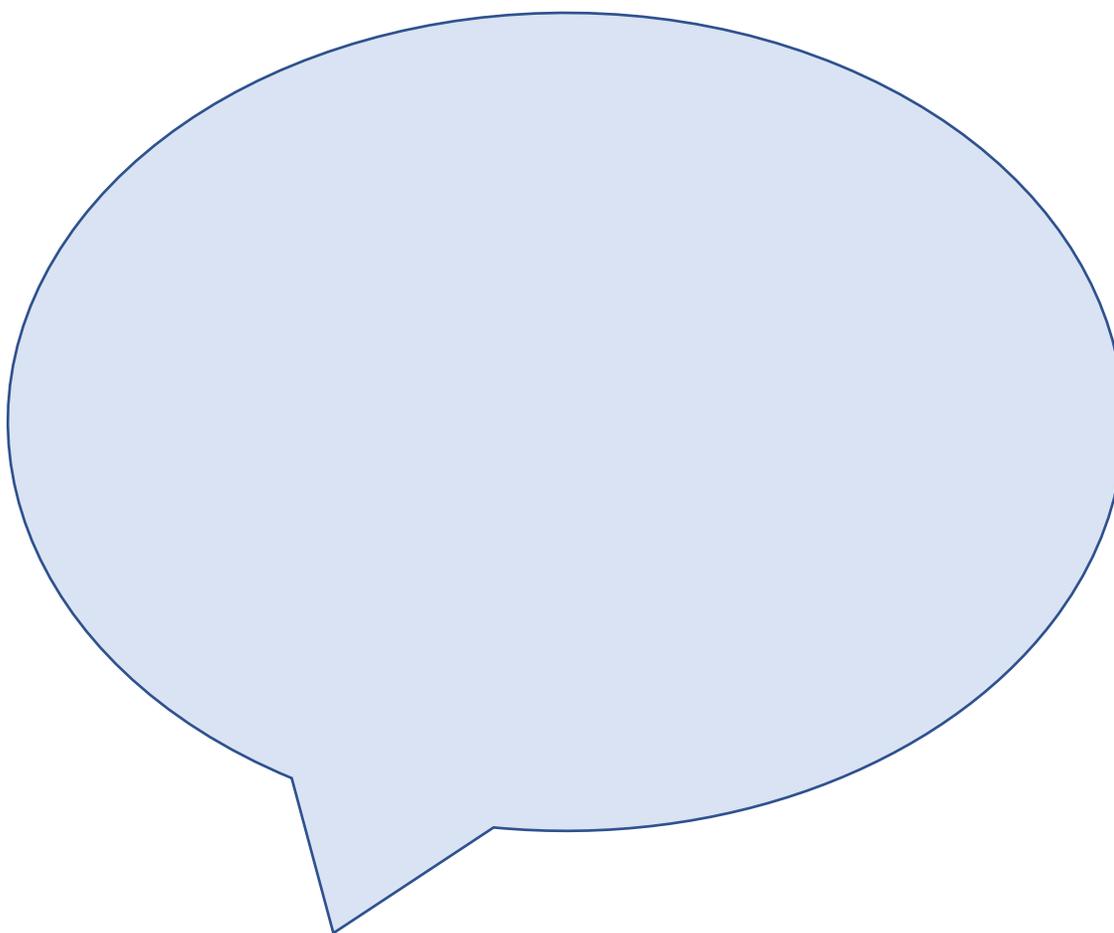
Prayer Requests / Praise Reports

PSALM 40:1-3 (NRSV)

I waited patiently for the LORD; And He inclined to me, And heard my cry. He also brought me up out of a horrible pit, Out of the miry clay, And set my feet upon a rock, And established my steps. He has put a new song in my mouth—Praise to our God; Many will see it and fear, And will trust in the LORD.

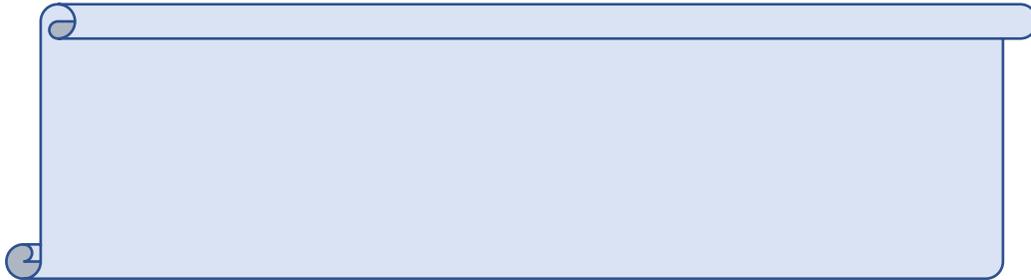
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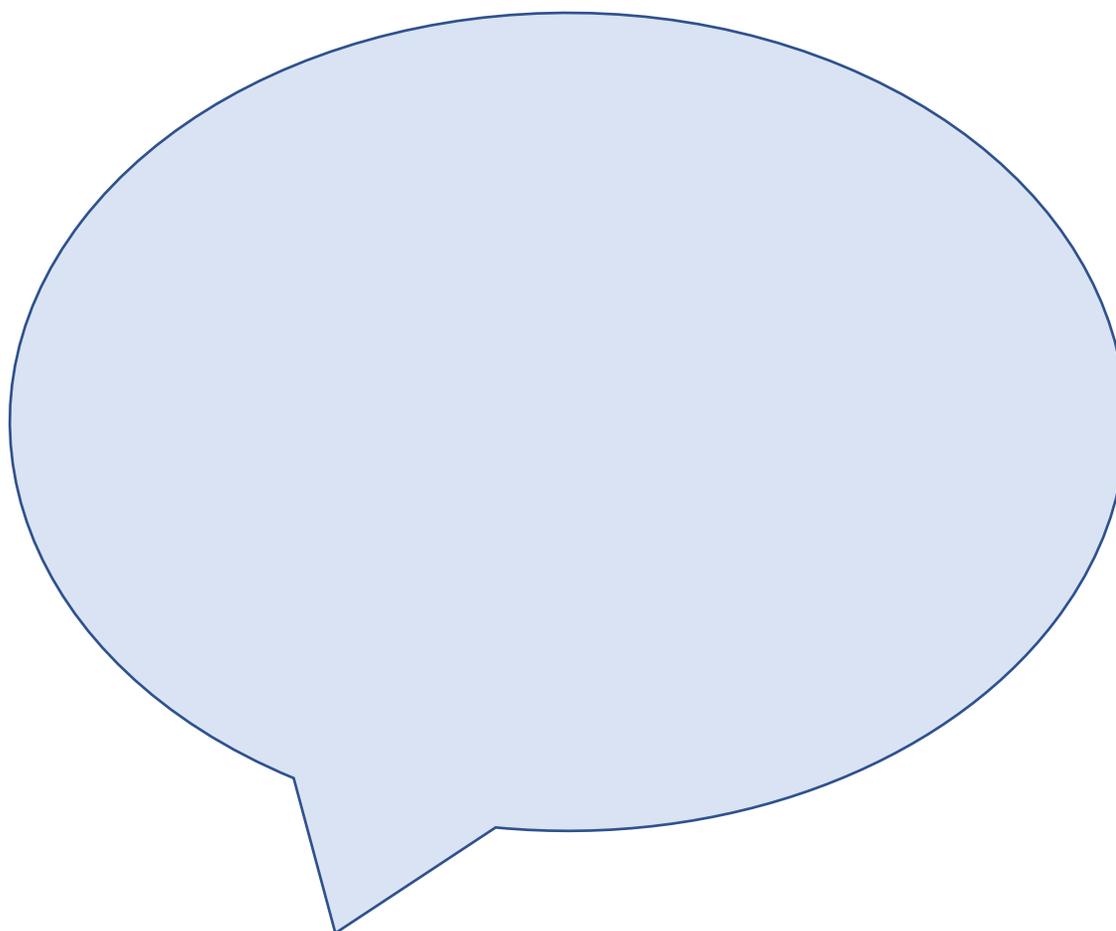
Prayer Requests / Praise Reports

PSALM 51:10-12 (NRSV)

Create in me a clean heart, O God, and put a new and right spirit within me. Do not cast me away from your presence, and do not take your holy spirit from me. Restore to me the joy of your salvation, and sustain in me a willing spirit.

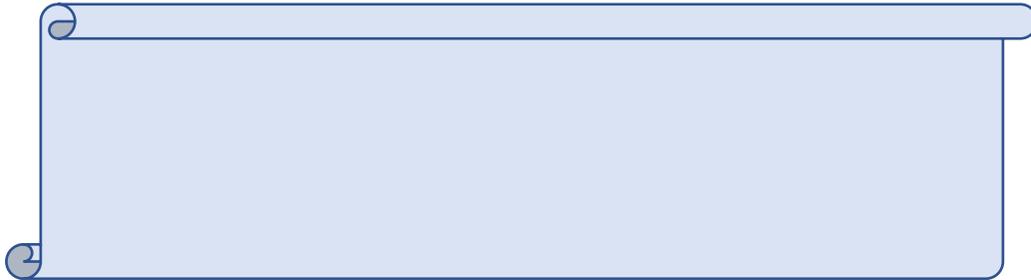
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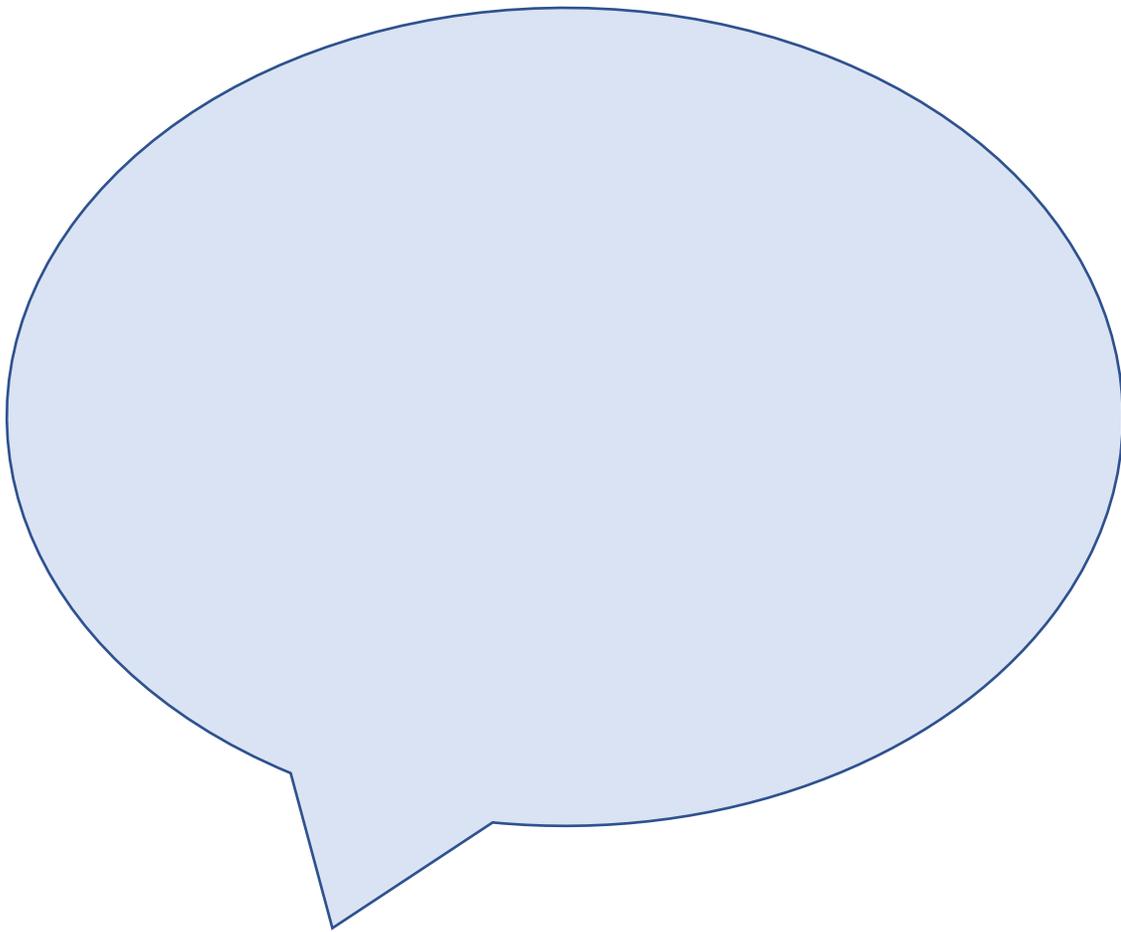
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Prayer Requests / Praise Reports

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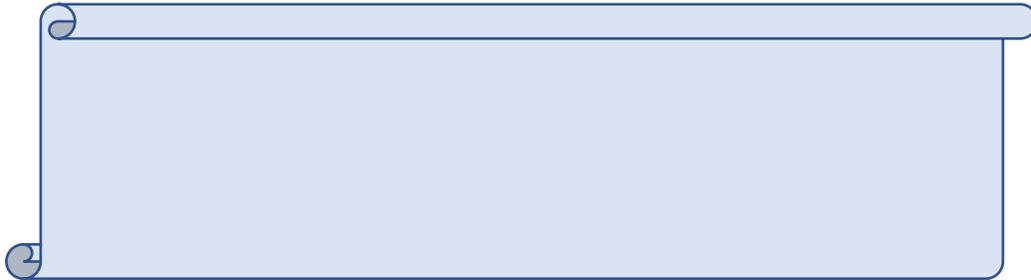
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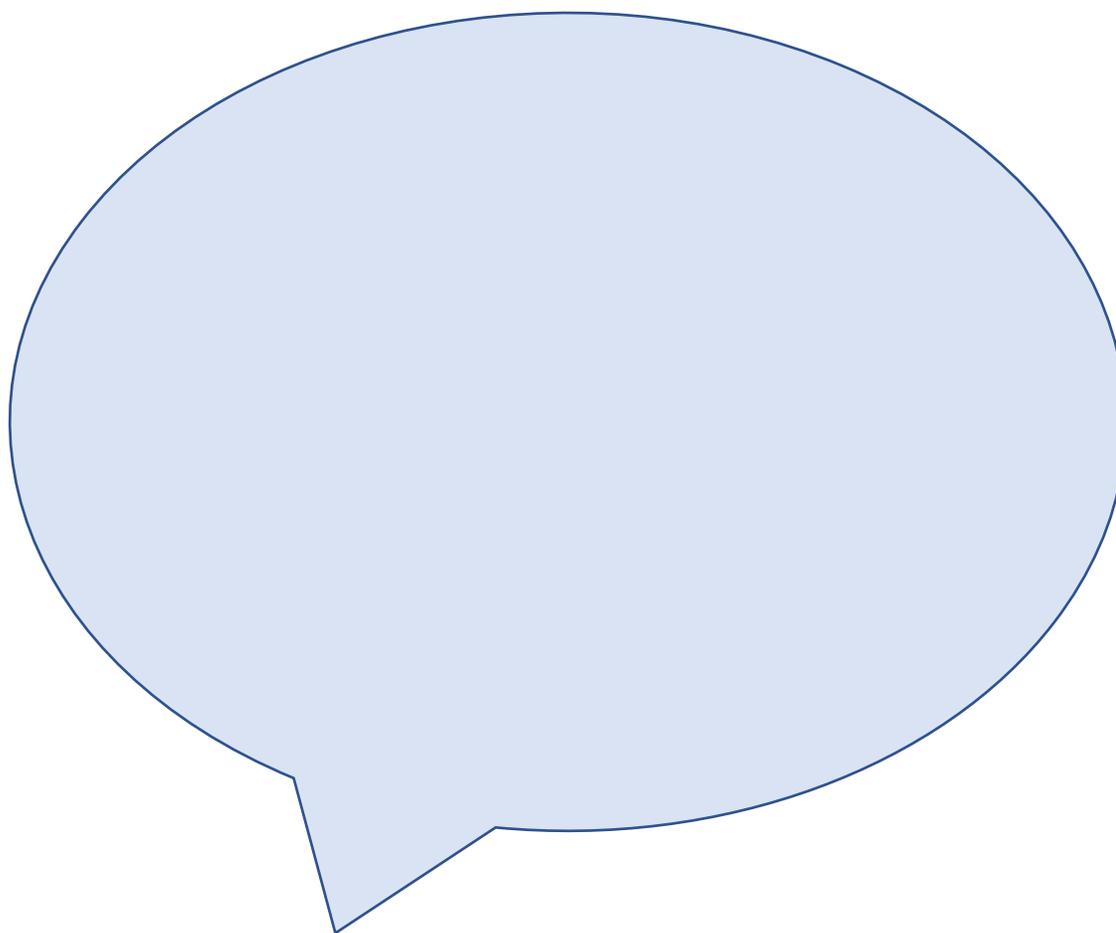
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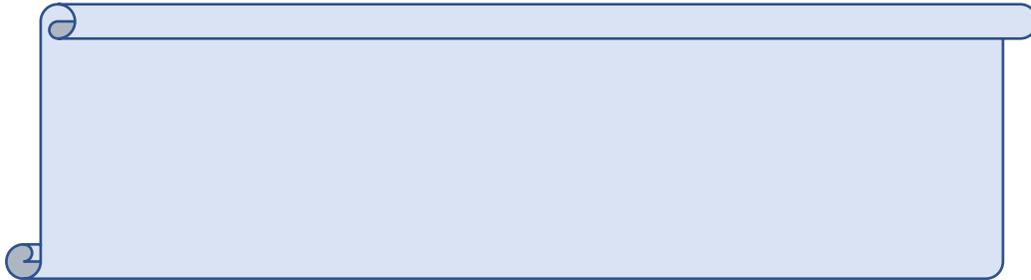
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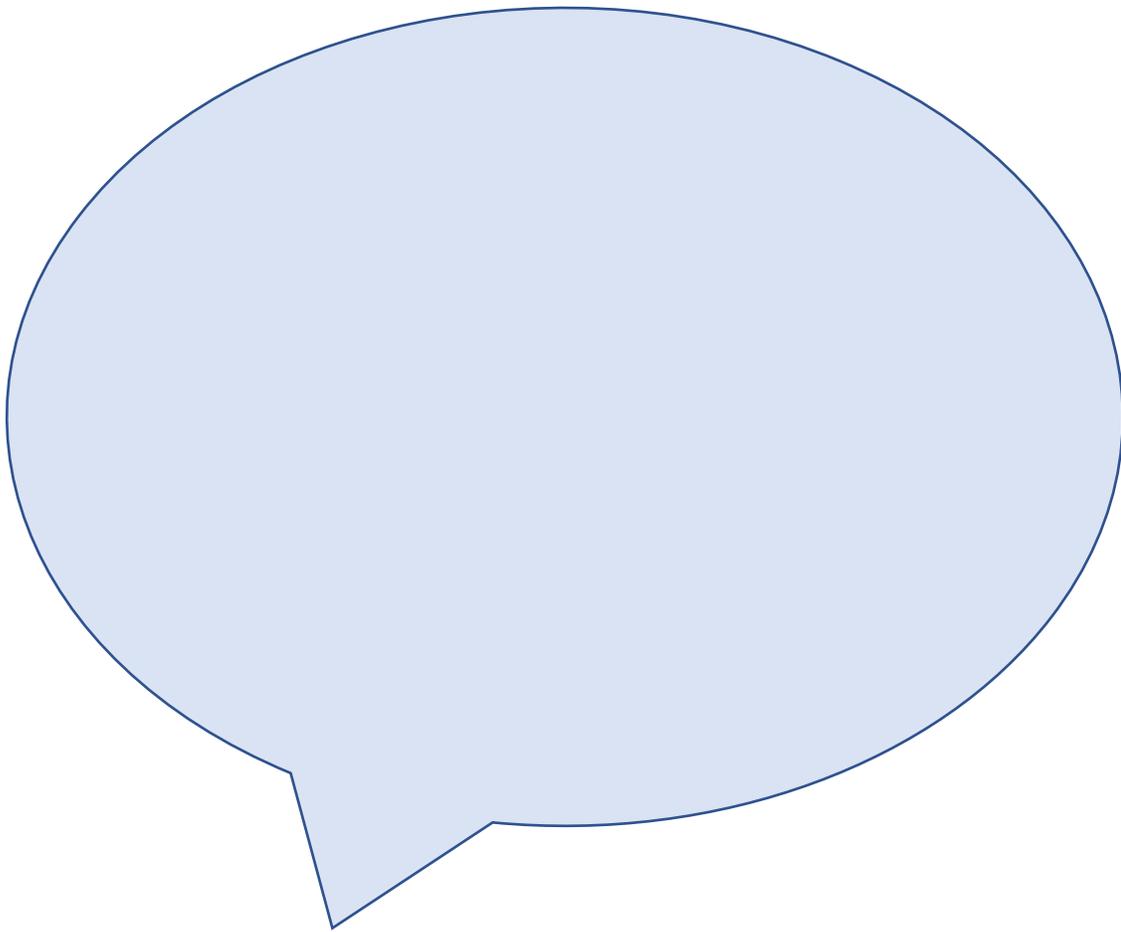
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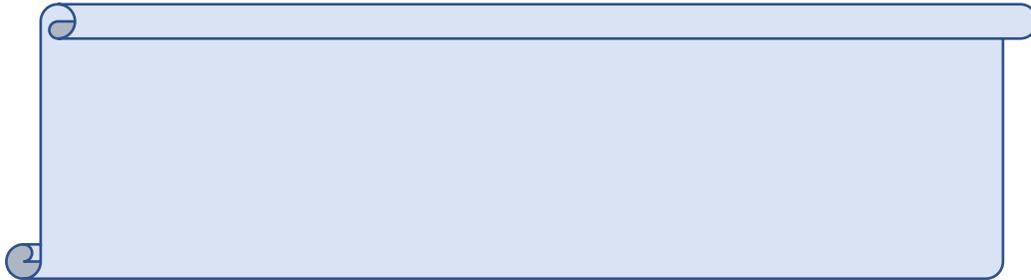
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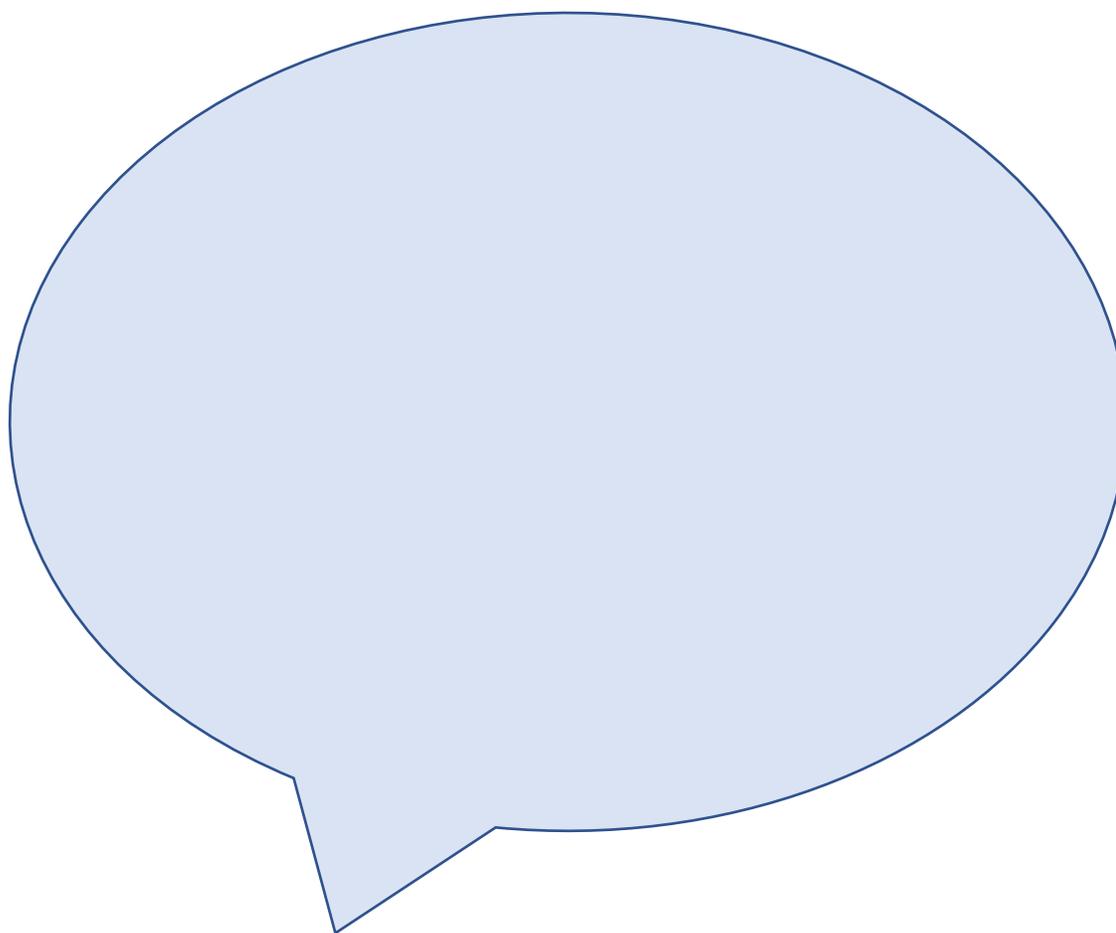
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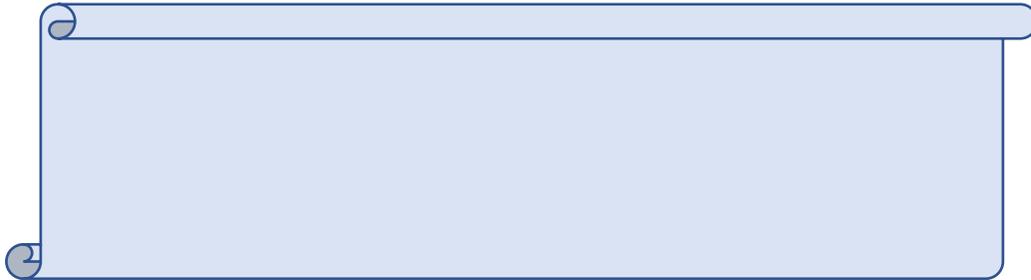
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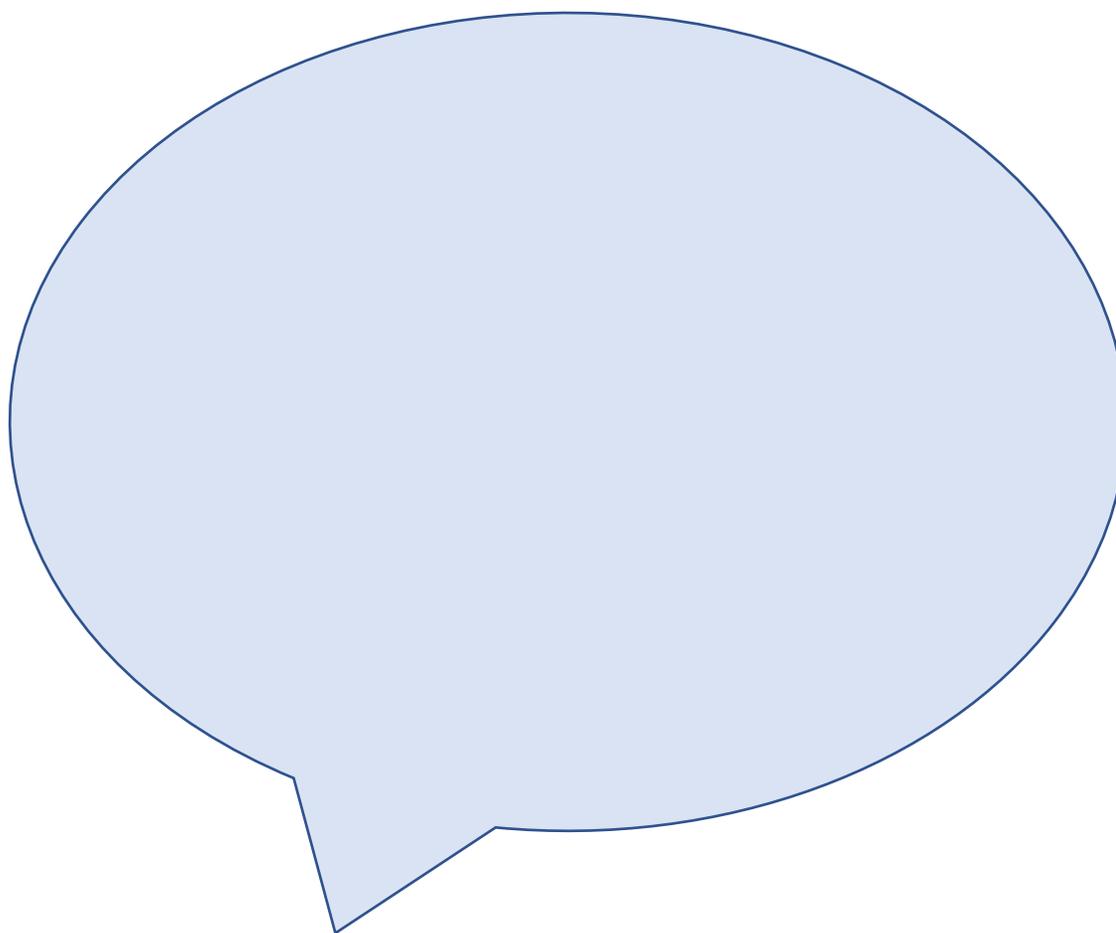
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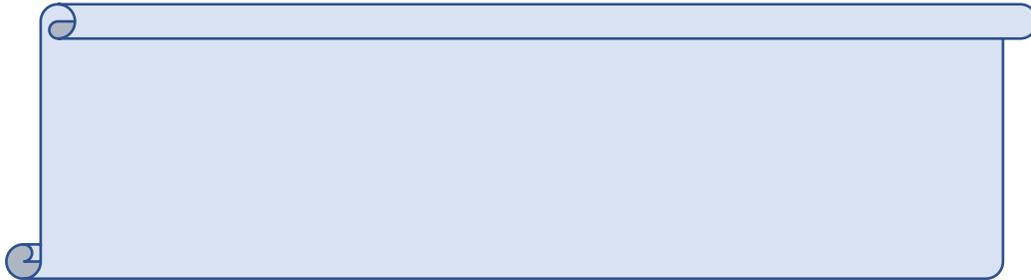
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Prayer Requests / Praise Reports

Appendix A: Additional Scriptures for Consideration

- 1 Corinthians 10:13 1 Corinthians 10:13 “No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”
- 1 Peter 2:24 1 Peter 2:24 “He himself bore our sins” in his body on the cross, so that we might die to sins and live for righteousness; “by his wounds you have been healed.”
- 2 Chronicles 7:14-15 2 Chronicles 7:14-15 “if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land. Now my eyes will be open and my ears attentive to the prayers offered in this place.”
- Daniel 9:4 Daniel 9:4 I prayed to the Lord my God and confessed: “O Lord, you are a great and awesome God! You always fulfill your covenant and keep your promises of unfailing love to those who love you and obey your commands.”
- Ecclesiastes 3:1-8 Ecclesiastes 3:1-8 “There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace.”
- Ezekiel 37:4-6 Ezekiel 37:4-6 “Then he said to me, ‘Prophesy to these bones, and say to them: O dry bones, hear the word of the Lord. Thus says the Lord God to these bones: I will cause breath to enter you, and you shall live. I will lay sinews on you, and will cause flesh to come upon you, and

cover you with skin, and put breath in you, and you shall live; and you shall know that I am the Lord’.”

Isaiah 38:16-17

Isaiah 38:16-17 “You restored me to health and let me live. Surely it was for my benefit that I suffered such anguish. In your love you kept me from the pit of destruction; you have put all my sins behind your back.”

Isaiah 40:29-31

Isaiah 40:29-31 “He gives power to the weak, And to *those who have* no might He increases strength. Even the youths shall faint and be weary, And the young men shall utterly fall, but those who wait on the LORD Shall renew *their* strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint.”

Isaiah 41:10

Isaiah 41:10 “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”

Isaiah 53:4-5

Isaiah 53:4-5 “Surely he took up our pain and bore our suffering, yet we considered him punished by God, stricken by him, and afflicted. But he was pierced for our transgressions, he was crushed for our iniquities; the punishment that brought us peace was on him, and by his wounds we are healed.”

James 5:14-15

James 5:14-15 “Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven.”

James 5:16

James 5:16 “Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective.”

Jeremiah 17:14

Jeremiah 17:14 “Heal me, O Lord, and I will be healed; save me and I will be saved, for you are the one I praise.”

Jeremiah 29:11

Jeremiah 29:11 “For surely I know the plans I have for you, says the Lord, plans for

your welfare and not for harm, to give you a future with hope.”

John 14:27

John 14:27 “Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”

Lamentations 3:22-24

Lamentations 3:22-24 “The faithful love of the Lord never ends! His mercies never cease. Great is his faithfulness; his mercies begin afresh each morning. I say to myself, ‘The Lord is my inheritance; therefore, I will hope in him!’”

Matthew 11:28-30

Matthew 11:28-30 “Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”

Philippians 4:19

Philippians 4:19 “And my God will meet all your needs according to the riches of his glory in Christ Jesus.”

Psalms 30:4-5

Psalms 30:4-5 “Sing praise to the LORD, you saints of His, And give thanks at the remembrance of His holy name. For His anger *is but for* a moment, His favor *is for* life; Weeping may endure for a night, But joy *comes* in the morning.”

Psalms 30:10-11

Psalms 30: 10-11 “Hear, LORD, and be merciful to me; LORD, be my help. You turned my wailing into dancing; you removed my sackcloth and clothed me with joy”

Psalms 34:17-19

Psalms 34:17-19 “*The righteous* cry out, and the LORD hears, And delivers them out of all their troubles. The LORD *is* near to those who have a broken heart, And saves such as have a contrite spirit. Many *are* the afflictions of the righteous, But the LORD delivers him out of them all.”

Psalms 41:2-3

Psalms 41:2-3 “The LORD protects and preserves them— they are counted among the blessed in the land— he does not give them over to the desire of their foes. The LORD sustains

them on their sickbed and restores them from their bed of illness.”

Psalms 73:26

Psalms 73:26 “My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”

Psalms 103:2-4

Psalms 103:2-4 “Praise the LORD, my soul, and forget not all his benefits— who forgives all your sins and heals all your diseases, who redeems your life from the pit and crowns you with love and compassion.”

Psalms 107:19-21

Psalms 107:19-21 “Then they cried to the LORD in their trouble, and he saved them from their distress. He sent out his word and healed them; he rescued them from the grave. Let them give thanks to the LORD for his unfailing love and his wonderful deeds for mankind.”

Psalms 147:3

Psalms 147:3 “He heals the brokenhearted and binds up their wounds.”

Revelations 21:4

Revelation 21:4 “He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.”

Appendix B: About Rivertree Christian Chapel

Founded in 2014, Rivertree Christian Chapel strives to serve God's people who need a little peace in the busy, complex cyber world. This virtual Chapel is a quiet place to pray, reflect, study, or find resources to help you on your journey.

At the Chapel, we honor the teachings of Jesus Christ. From the time of his birth, Jesus was on a mission. He announced that the spirit of the Lord was on him and that he had been anointed to (a) bring good news to the poor, (b) proclaim release to the captives, (c) give sight to the blind, (d) free the oppressed, and (e) proclaim the year of the Lord's favor (Luke 4:16-21). As disciples, we strive to carry out this mission online in the name of Jesus. The Chapel rests on a foundation of healing, renewal, and service.

The mission of Rivertree Christian Chapel is to glorify God and lift up the name of Jesus through sermons, prayer, discipleship, and education. The vision of Rivertree Christian Chapel is to (a) establish a virtual sanctuary for prayer and reflection, (b) maintain an online presence where God's people can seek shelter, (c) disseminate inspirational messages, and (d) promote justice in the manner that Jesus taught his disciples.

The Chapel's ministries strive to apply biblical principles as the basis for living in righteousness, wholeness, empowerment, critical reflection, and restoration. In doing so, we endeavor to promote social change and carry out the Great Commission (Matthew 28:18-20).

Visit our website at <https://rivertreechristianchapel.org/>

Footnotes

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- ¹ Charles F. Stanley, *Prayer: The Ultimate Conversation*, Howard Books (Kindle Edition, 2012), (2012-09003T23:58:49).
- ² M. G. Easton, "Prayer," *Easton's Bible Dictionary* (biblegateway.com, n.d.).
- ³ Donald K. McKim, "Prayer," *Westminster Dictionary of Theological Terms* (Louisville, KY: Westminster John Knox Press, 1996), p. 216.
- ⁴ Easton's Bible Dictionary, "Prayer."
- ⁵ Charles F. Stanley, *Handbook for Christian Living: Biblical Answers to Life's Tough Questions* (Nashville, TN: Thomas Nelson, 2008), p. 539.
- ⁶ Charles F. Stanley, *Handbook for Christian Living*, p. 541.
- ⁷ Howard Thurman, *Disciplines of the Spirit*, 10th ed. (Richmond, IN: Friends United Press, 2003), p. 25-26.
- ⁸ Donald K. McKim, "Petition," p. 208.
- ⁹ Donald K. McKim, "Thanksgiving," p. 278.
- ¹⁰ Donald K. McKim, "Thanksgiving," p. 278.
- ¹¹ Donald K. McKim, "Supplication," p. 273.
- ¹² Rowan Williams, *Where God Happens: Discovering Christ in One Another* (Boston: New Seeds, 2005), p. 124.
- ¹³ Williams, p. 82.
- ¹⁴ *Center for Action and Contemplation*, retrieved from <https://cac.org/about-cac/contemplation/>
- ¹⁵ *Center for Action and Contemplation*, retrieved from <https://cac.org/about-cac/contemplation/>
- ¹⁶ Michael Jinkins, *Invitation to Psalms* (Nashville, TN: Abington Press, 2008), p. 64.
- ¹⁷ Jinkins, p. 13.
- ¹⁸ Eugene Peterson, *Answering God: The Psalms as Tools for Prayer* (San Francisco, CA: HarperOne, 1989), p. 2.
- ¹⁹ Douglas Sean O'Donnell, *Psalms: A 12-Week Study* (Knowing the Bible), Kindle Edition. (Wheaton, IL: Crossway, 2014), Kindle Locations 124-220.
- ²⁰ McKim, "Healing and Deliverance,."
- ²¹ John Eckhardt, *Prayers That Rout Demons: Prayers for Defeating Demons and Overthrowing the Powers of Darkness* (Lake Mary, FL: Charisma House, 2008), Kindle Locations 116
- ²² Eckhardt, Kindle Location 118, 192.
- ²³ Eckhardt, Kindle Location 192.
- ²⁴ Richard Rohr, "Lectio Divina," *Center for Action and Contemplation*, 2019. The Center for Action and Contemplation discusses the practice and provides examples of how it might be used for meditation.
- ²⁵ Fourth Presbyterian Church, *2020 Taize Services at Fourth Church*, retrieved from <https://www.fourthchurch.org/taize/index.html>
- ²⁶ McKim, "Taize Community," p. 275.
- ²⁷ Fourth Presbyterian Church, *2020 Taize Services at Fourth Church*.
- ²⁸ Jinkins, p. 64.]
- ²⁹ Jinkins, p. 13.
- ³⁰ Peterson, p. 2.]
- ³¹ Douglas Sean O'Donnell, *Psalms: A 12-Week Study* (Knowing the Bible), Kindle Edition. (Wheaton, IL: Crossway, 2014), Kindle Locations 124-220.].
- ³² J. Clinton McCann, "The Book of Psalms," in *The New Interpreter's Bible, Volume IV* (pp. 641-677) (Nashville, TN: Abington Press, 1996), pp. 641-677.
- ³³ Jinkins, p. 73.