

## 1- PRAYER >>> BIBLE READING

(From exhaling to inhaling)

**\*Two Questions to ask when I'm praying:**

- What does the Bible say about prayer?
- What does the Bible say about the things I'm praying about?

**\* Pray the prayer Jesus gave you- Matthew 6:9-13 (The Lord's Prayer)**

- A model, not a script
- What elements do you need to incorporate into your prayer life?

**\* Draw from the heart of prayer in the Psalms**

- The Psalms contain longing, wrestling, faith, crying out to God
- Prayer elements: adoration, thanksgiving, lament, confession, request

**\* What examples of prayer from Scripture can you relate to?**

- What people in the Bible?      -What prayers in the Bible?

## 2- BIBLE READING >>> PRAYER

(From inhaling to exhaling)

*Places to start this month: Try **James**. Or one of **Matthew, Mark, Luke** or **John***

**\*Prayer-questions to ask when I am reading my Bible:**

- i- How do these verses move me to express my awe and love for God?
- ii- How do these verses move me to express my gratitude towards God?
- iii- What do these verses prompt me to confess to God?
- iv- Who do these verses encourage me to pray for?
- v- "God, how do you want me to live this out?"
- vi- What will I say back to God about what he said to me through his Word?**

## 3- FORM A BREATH PRAYER FROM SCRIPTURE

(A way to to more deeply engage in a sincere and repeated prayer)

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|--|-----------------|
| "Speak Lord... for your servant hears."                          | 1 Samuel 3:9,10 |
| "The Lord is my shepherd... I shall not want."                   | Psalms 23:1     |
| "I cease striving... and know that you are God."                 | Psalms 46:10    |
| "God be merciful to me... a sinner."                             | Luke 18:13      |
| "Live by the Spirit... Keep in step with the Spirit."            | Galatians 5:25  |
| "In Christ's humility... Consider others better than yourselves" | Philippians 2:3 |

# Bible + Prayer Verses

## THE RHYTHM OF A THRIVING CHURCH:

And they devoted themselves to the apostles' teaching and the fellowship, to the breaking of bread and the prayers.

**Acts 2:42**

## BREATHE IN (Bible)

But [Jesus] answered, "It is written, "Man shall not live by bread alone, but by every word that comes from the mouth of God."

**Matthew 4:4**

It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life.

**Psalms 32:5**

If you abide in me, and my words abide in you, ask whatever you wish, and it will be done for you.

**John 15:7**

For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

**Hebrews 4:12**

All Scripture is breathed out by God and profitable for teaching, for reproof, for correction, and for training in righteousness, that the man of God may be complete, equipped for every good work.

**2 Timothy 3:16-17**

## BREATHE OUT (Prayer)

Pray then like this  
Our Father in heaven,  
hallowed be your name.  
Your kingdom come,  
your will be done,  
on earth as it is in heaven.

Give us this day our daily bread,  
and forgive us our debts,  
as we also have forgiven our debtors.  
And lead us not into temptation,  
but deliver us from evil.

**Matthew 6:9-13**

Ask, and it will be given to you; seek, and you will find; knock, and it will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks it will be opened.

**Matthew 7:7-8**

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.

**1 Thessalonians 5:16-18**

Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

**Philippians 4:6**



BREATHE IN  
BREATHE OUT

