

BIBLE READING PLAN

PRAYING THE WORD



SUMMER in the PSALMS - Part 1



Why Do We Pray?

When we pray, we enter into a conversation God has already begun—with us—through His Word and by His Spirit. In everyday life, relationships grow through conversation. Without it, we never truly know the other person. In the same way, prayer draws us into knowing who God is and understanding His heart for us.

As Timothy Keller writes in *Prayer*:

“Prayer is both conversation and encounter with God... We must know the awe of praising his glory, the intimacy of finding his grace, and the struggle of asking his help, all of which lead us to know the spiritual reality of his presence.”

Prayer is not simply something we do *for* God—it is how we come to know God.

How Do We Pray?

Prayer begins with God’s Word. Praying the Bible connects our hearts to God’s will, gives us words when we have none, and shapes us into the likeness of Jesus. Rather than starting with our own agenda, Scripture teaches us to listen first and respond faithfully.

Dietrich Bonhoeffer puts it simply:

“We learn to pray not by praying our own words, but by praying the Word of God.”

This 2026 reading plan is designed to help us, as a church, learn the Bible by praying the prayers of the Bible together.

How We Will Pray Through the Bible This Year

Join us as we pray Scripture together through seven seasonal prayer guides:

- New Year to Lent
- Lent to Easter
- Easter to Pentecost
- **A Summer in the Psalms**
- The Torah
- The Historical and Prophetic Books
- The New Testament

Each day follows two movements: Anchored in the Word and Led by the Spirit—grounding us in Scripture and guiding us into prayerful response. We follow a five-day-per-week rhythm through select Psalms. The readings are intentionally shorter, creating space to slow down, listen, and pray while moving through a meaningful journey of the early Church. Each day includes simple questions and prayer prompts. Thank you for joining us as we learn to pray the Bible—together.

This journal is provided to help you write your prayers, reflect on God’s faithfulness, and remember how He answers as we grow together as a praying church.

Thank you for joining us this year as we pray the Bible together.

You can use this journal and/or also read/listen on the [YouVersion app here...](#) You can also download the PDF on the website.



“You take a passage of Scripture and turn it into prayer—line by line, theme by theme—until the text has shaped what you say to God.” - Timothy Keller

Our Core Value as Belmont is to be a church that is Anchored in the Word and Led by the Spirit. We have structured our Reading Plan to focus on both Anchoring ourselves in the word and then allowing the Spirit to speak, convict, comfort and empower us to obey.

Each week will have a similar template that will allow for reading, journaling and praying.

ANCHORED IN THE WORD

READ - Each day, we will spend some time sitting and meditating in the Word of God. We will utilize the spiritual practice of Lectio Divina (Latin for “Divine Reading”) to read and savor scripture as we commune with God. Take these moments to meditate, pray and contemplate on God’s word. It’s less about an academic study and more about listening for God’s voice so that the word can transform your heart.

After the reading, there will be some space for you to journal in response to what you just read.

SEE - This section is a place to reflect and write down phrases and/or words that stood out to you as you read the passage.

LED BY THE SPIRIT

P.R.A.Y. THE WORD (the first week we will provide prompts for you to help guide in how to pray the word).

PRAISE – Take time to praise the Lord for the attributes of God in the passage.

REPENT- As you read, repent and ask forgiveness for the sins as revealed in scripture.

ASK – Pray the word into your life.

YIELD - Surrendering your will is the act of anchoring the word into your heart.

OBEY – Each day, we will be asking two questions: “**What do you need to do about this passage? And is there someone you need to tell?**” The Holy Spirit will both convict and empower you to live conformed to the image of Jesus through His word. But it helps clarify what the Lord is saying, and sometimes it helps to share with someone so they can pray with you.

B.L.E.S.S. Weekly Prayer Focus Schedule

MONDAY - Belmont Church

Pray for repentance, unity, leadership, worship, and renewal.

TUESDAY - Local Community

Pray for Nashville, schools, businesses, justice, peace, and neighbors.

WEDNESDAY - Every Nation

Pray for missionaries, unreached peoples, the persecuted church, and global leaders.

THURSDAY - Saints

Pray for believers — families, marriages, prodigals, next generation, holiness, endurance.

FRIDAY - Suffering

Pray for the vulnerable — poor, imprisoned, addicted, grieving, oppressed.

DAY 1 –MONDAY, MAY 25

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers.*

Psalm 150

Praise the Lord! Praise God in His sanctuary; Praise Him in His mighty firmament! Praise Him for His mighty acts; Praise Him according to His excellent greatness! Praise Him with the sound of the trumpet; Praise Him with the lute and harp! Praise Him with the timbrel and dance; Praise Him with stringed instruments and flutes! Praise Him with loud cymbals; Praise Him with clashing cymbals! Let everything that has breath praise the Lord. Praise the Lord!

SEE – *What prayers, thoughts, or words speak to your soul? Write them down.*

LED BY THE SPIRIT

P.R.A.Y. THE WORD *(examples are provided below)*

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Please help me to praise the Lord in this area...
- Please let everything in my life praise you...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

MONDAY - Belmont Church

Pray for repentance, unity, leadership, worship, and renewal.

DAY 2 –TUESDAY, MAY 26

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers.*

Psalm 19

The heavens declare the glory of God, and the sky above proclaims his handiwork. Day to day pours out speech, and night to night reveals knowledge. There is no speech, nor are there words, whose voice is not heard. Their voice goes out through all the earth, and their words to the end of the world. In them he has set a tent for the sun, which comes out like a bridegroom leaving his chamber, and, like a strong man, runs its course with joy. Its rising is from the end of the heavens, and its circuit to the end of them, and there is nothing hidden from its heat.

The law of the Lord is perfect, reviving the soul; the testimony of the Lord is sure, making wise the simple; the precepts of the Lord are right, rejoicing the heart; the commandment of the Lord is pure, enlightening the eyes; the fear of the Lord is clean, enduring forever; the rules of the Lord are true, and righteous altogether. More to be desired are they than gold, even much fine gold; sweeter also than honey and drippings of the honeycomb. Moreover, by them is your servant warned; in keeping them there is great reward.

Who can discern his errors? Declare me innocent from hidden faults. Keep back your servant also from presumptuous sins; let them not have dominion over me! Then I shall be blameless, and innocent of great transgression. Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down.*

LED BY THE SPIRIT

P.R.A.Y. THE WORD *(examples are provided below)*

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Help me to declare your glory like the sky in this area...
- Let my voice go out to the ends of the earth in...
- Let the words of my mouth and meditations of my heart be acceptable in...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

TUESDAY - Local Community

Pray for Nashville, schools, businesses, justice, peace, and neighbor.

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 101

I will sing of steadfast love and justice; to you, O Lord, I will make music. I will ponder the way that is blameless. Oh when will you come to me? I will walk with integrity of heart within my house; I will not set before my eyes anything that is worthless. I hate the work of those who fall away; it shall not cling to me. A perverse heart shall be far from me; I will know nothing of evil.

Whoever slanders his neighbor secretly I will destroy. Whoever has a haughty look and an arrogant heart I will not endure. I will look with favor on the faithful in the land, that they may dwell with me; he who walks in the way that is blameless shall minister to me. No one who practices deceit shall dwell in my house; no one who utters lies shall continue before my eyes. Morning by morning I will destroy all the wicked in the land, cutting off all the evildoers from the city of the Lord.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- I will sing of your steadfast love in..
- Help me not set anything worthless before my eyes...
- Help me be humble in...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

WEDNESDAY - Every Nation

Pray for missionaries, unreached peoples, the persecuted church, and global leaders

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 68:24-35

Your procession is seen, O God, the procession of my God, my King, into the sanctuary—the singers in front, the musicians last, between them virgins playing tambourines: “Bless God in the great congregation, the Lord, O you who are of Israel’s fountain!” There is Benjamin, the least of them, in the lead, the princes of Judah in their throng, the princes of Zebulun, the princes of Naphtali.

Summon your power, O God, the power, O God, by which you have worked for us. Because of your temple at Jerusalem kings shall bear gifts to you. Rebuke the beasts that dwell among the reeds, the herd of bulls with the calves of the peoples. Trample underfoot those who lust after tribute; scatter the peoples who delight in war. Nobles shall come from Egypt; Cush shall hasten to stretch out her hands to God.

O kingdoms of the earth, sing to God; sing praises to the Lord, Selah to him who rides in the heavens, the ancient heavens; behold, he sends out his voice, his mighty voice. Ascribe power to God, whose majesty is over Israel, and whose power is in the skies. Awesome is God from his sanctuary; the God of Israel—he is the one who gives power and strength to his people. Blessed be God!

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Summon your power in...
- Show your power...

YIELD: What control, habit, fear, or agenda must you surrender?

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

THURSDAY - Saints

Pray for believers — families, marriages, prodigals, next generation, holiness, endurance

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 45

My heart overflows with a pleasing theme; I address my verses to the king; my tongue is like the pen of a ready scribe. You are the most handsome of the sons of men; grace is poured upon your lips; therefore God has blessed you forever. Gird your sword on your thigh, O mighty one, in your splendor and majesty! In your majesty ride out victoriously for the cause of truth and meekness and righteousness; let your right hand teach you awesome deeds! Your arrows are sharp in the heart of the king's enemies; the peoples fall under you.

Your throne, O God, is forever and ever. The scepter of your kingdom is a scepter of uprightness; you have loved righteousness and hated wickedness. Therefore God, your God, has anointed you with the oil of gladness beyond your companions; your robes are all fragrant with myrrh and aloes and cassia. From ivory palaces stringed instruments make you glad; daughters of kings are among your ladies of honor; at your right hand stands the queen in gold of Ophir.

Hear, O daughter, and consider, and incline your ear: forget your people and your father's house, and the king will desire your beauty. Since he is your Lord, bow to him. The people of Tyre will seek your favor with gifts, the richest of the people. All glorious is the princess in her chamber, with robes interwoven with gold. In many-colored robes she is led to the king, with her virgin companions following behind her. With joy and gladness they are led along as they enter the palace of the king. In place of your fathers shall be your sons; you will make them princes in all the earth. I will cause your name to be remembered in all generations; therefore nations will praise you forever and ever.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Your throne is forever. Help me keep that perspective in...
- Lord, I bow to you in...
- Help me in this way to cause your name to be remembered...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

FRIDAY - Suffering

Pray for the vulnerable — poor, imprisoned, addicted, grieving, oppressed

DAY 6 – MONDAY, JUNE 1

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:1-8

Blessed are those whose way is blameless, who walk in the law of the Lord! Blessed are those who keep his testimonies, who seek him with their whole heart, who also do no wrong, but walk in his ways! You have commanded your precepts to be kept diligently. Oh that my ways may be steadfast in keeping your statutes! Then I shall not be put to shame, having my eyes fixed on all your commandments. I will praise you with an upright heart, when I learn your righteous rules. I will keep your statutes; do not utterly forsake me!

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: *Ask the Spirit to guide your prayer over concerns, resources, and relationships*

- Guide me to be a person of integrity in...
- Help me to be steadfast in...
- Fix my eyes on your word as I...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

MONDAY - Belmont Church

Pray for repentance, unity, leadership, worship, and renewal.

DAY 7 –TUESDAY, JUNE 2

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:9-16

How can a young man keep his way pure? By guarding it according to your word. With my whole heart I seek you; let me not wander from your commandments! I have stored up your word in my heart, that I might not sin against you. Blessed are you, O Lord; teach me your statutes! With my lips I declare all the rules of your mouth. In the way of your testimonies I delight as much as in all riches. I will meditate on your precepts and fix my eyes on your ways. I will delight in your statutes; I will not forget your word.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: *Ask the Spirit to guide your prayer over concerns, resources, and relationships*

- Keep me pure in...
- Help me not to wander by...
- Lead me away from my sinful desire to...

YIELD: What control, habit, fear, or agenda must you surrender?

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

TUESDAY - Local Community

Pray for Nashville, schools, businesses, justice, peace, and neighbors

DAY 8 – WEDNESDAY, JUNE 3

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:17-24

Deal bountifully with your servant, that I may live and keep your word. Open my eyes, that I may behold wondrous things out of your law. I am a sojourner on the earth; hide not your commandments from me! My soul is consumed with longing for your rules at all times. You rebuke the insolent, accursed ones, who wander from your commandments. Take away from me scorn and contempt, for I have kept your testimonies. Even though princes sit plotting against me, your servant will meditate on your statutes. Your testimonies are my delight; they are my counselors.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Open my eyes in...
- Help my soul be consumed for your words so I...
- Teach me your ways...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

WEDNESDAY - Every Nation

Pray for missionaries, unreached peoples, the persecuted church, and global leaders

DAY 9 –THURSDAY, JUNE 4

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:25-32

My soul clings to the dust; give me life according to your word! When I told of my ways, you answered me; teach me your statutes! Make me understand the way of your precepts, and I will meditate on your wondrous works. My soul melts away for sorrow; strengthen me according to your word! Put false ways far from me and graciously teach me your law! I have chosen the way of faithfulness; I set your rules before me. I cling to your testimonies, O Lord; let me not be put to shame! I will run in the way of your commandments when you enlarge my heart!

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Revive me in your faithfulness...
- Help guide me to your heart in...
- Turn my eyes from...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

THURSDAY - Saints

Pray for believers — families, marriages, prodigals, next generation, holiness, endurance

DAY 10 – FRIDAY, JUNE 5

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:33-40

Teach me, O Lord, the way of your statutes; and I will keep it to the end. Give me understanding, that I may keep your law and observe it with my whole heart. Lead me in the path of your commandments, for I delight in it. Incline my heart to your testimonies, and not to selfish gain! Turn my eyes from looking at worthless things; and give me life in your ways. Confirm to your servant your promise, that you may be feared. Turn away the reproach that I dread, for your rules are good. Behold, I long for your precepts; in your righteousness give me life!

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Teach me to walk in...
- Help me understand...
- Help me guide others to understand...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

FRIDAY - Suffering

Pray for the vulnerable — poor, imprisoned, addicted, grieving, oppressed

DAY 11 – MONDAY, JUNE 8

ANCHORED IN THE WORD

READ - Read *the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:41-48

Let your steadfast love come to me, O Lord, your salvation according to your promise; then shall I have an answer for him who taunts me, for I trust in your word. And take not the word of truth utterly out of my mouth, for my hope is in your rules. I will keep your law continually, forever and ever, and I shall walk in a wide place, for I have sought your precepts. I will also speak of your testimonies before kings and shall not be put to shame, for I find my delight in your commandments, which I love. I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Help me feel your love again...
- Teach me to walk in freedom from...
- Give me boldness to...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

MONDAY - Belmont Church

Pray for repentance, unity, leadership, worship, and renewal.

DAY 12 –TUESDAY, JUNE 9

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:49-56

Let your steadfast love come to me, O Lord, your salvation according to your promise; then shall I have an answer for him who taunts me, for I trust in your word. And take not the word of truth utterly out of my mouth, for my hope is in your rules. I will keep your law continually, forever and ever, and I shall walk in a wide place, for I have sought your precepts. I will also speak of your testimonies before kings and shall not be put to shame, for I find my delight in your commandments, which I love. I will lift up my hands toward your commandments, which I love, and I will meditate on your statutes.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Comfort me as I endure...
- Create in me a new song that...
- Comfort me as I...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

TUESDAY - Local Community

Pray for Nashville, schools, businesses, justice, peace, and neighbors

DAY 13 – WEDNESDAY, JUNE 10

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:57-64

The Lord is my portion; I promise to keep your words. I entreat your favor with all my heart; be gracious to me according to your promise. When I think on my ways, I turn my feet to your testimonies; I hasten and do not delay to keep your commandments. Though the cords of the wicked ensnare me, I do not forget your law. At midnight I rise to praise you, because of your righteous rules. I am a companion of all who fear you, of those who keep your precepts. The earth, O Lord, is full of your steadfast love; teach me your statutes!

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Help me keep your word in...
- Turn my feet to obey you in...
- Teach me as I...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

WEDNESDAY - Every Nation

Pray for missionaries, unreached peoples, the persecuted church, and global leaders

DAY 14 – THURSDAY, JUNE 11

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:65-72

You have dealt well with your servant, O Lord, according to your word. Teach me good judgment and knowledge, for I believe in your commandments. Before I was afflicted I went astray, but now I keep your word. You are good and do good; teach me your statutes. The insolent smear me with lies, but with my whole heart I keep your precepts; their heart is unfeeling like fat, but I delight in your law. It is good for me that I was afflicted, that I might learn your statutes. The law of your mouth is better to me than thousands of gold and silver pieces.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Teach me to obey your word in...
- Help me to take joy in my trials so I...
- Help me believe that your word is worth more than anything...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

THURSDAY - Saints

Pray for believers — families, marriages, prodigals, next generation, holiness, endurance

DAY 15 – FRIDAY, JUNE 12

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:73-80

Your hands have made and fashioned me; give me understanding that I may learn your commandments. Those who fear you shall see me and rejoice, because I have hoped in your word. I know, O Lord, that your rules are righteous, and that in faithfulness you have afflicted me. Let your steadfast love comfort me according to your promise to your servant. Let your mercy come to me, that I may live; for your law is my delight. Let the insolent be put to shame, because they have wronged me with falsehood; as for me, I will meditate on your precepts. Let those who fear you turn to me, that they may know your testimonies. May my heart be blameless in your statutes, that I may not be put to shame!

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Give me understanding that I may...
- Comfort me in...
- Help me live blameless and shameless in...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

FRIDAY - Suffering

Pray for the vulnerable — poor, imprisoned, addicted, grieving, oppressed

DAY 16 – MONDAY, JUNE 15

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:81-88

My soul longs for your salvation; I hope in your word. My eyes long for your promise; I ask, “When will you comfort me?” For I have become like a wineskin in the smoke, yet I have not forgotten your statutes. How long must your servant endure? When will you judge those who persecute me? The insolent have dug pitfalls for me; they do not live according to your law. All your commandments are sure; they persecute me with falsehood; help me! They have almost made an end of me on earth, but I have not forsaken your precepts. In your steadfast love give me life, that I may keep the testimonies of your mouth.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Help me hope in your word in...
- Comfort me as...
- Prevent me from being consumed by...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

MONDAY - Belmont Church

Pray for repentance, unity, leadership, worship, and renewal.

DAY 17 – TUESDAY, JUNE 16

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:89-96

Forever, O Lord, your word is firmly fixed in the heavens. Your faithfulness endures to all generations; you have established the earth, and it stands fast. By your appointment they stand this day, for all things are your servants. If your law had not been my delight, I would have perished in my affliction. I will never forget your precepts, for by them you have given me life. I am yours; save me, for I have sought your precepts. The wicked lie in wait to destroy me, but I consider your testimonies. I have seen a limit to all perfection, but your commandment is exceedingly broad.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Cast my mind to heavenly things...
- Comfort me in...by your faithfulness
- Lead me to trust...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

TUESDAY - Local Community

Pray for Nashville, schools, businesses, justice, peace, and neighbors

DAY 18 – WEDNESDAY, JUNE 17

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:97-104

Oh how I love your law! It is my meditation all the day. Your commandment makes me wiser than my enemies, for it is ever with me. I have more understanding than all my teachers, for your testimonies are my meditation. I understand more than the aged, for I keep your precepts. I hold back my feet from every evil way, in order to keep your word. I do not turn aside from your rules, for you have taught me. How sweet are your words to my taste, sweeter than honey to my mouth! Through your precepts I get understanding; therefore I hate every false way.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Guide me to meditate in you...
- Grant me discernment in...
- Place the wise to speak into...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

WEDNESDAY - Every Nation

Pray for missionaries, unreached peoples, the persecuted church, and global leaders

DAY 19 – THURSDAY, JUNE 18

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:105-112

Your word is a lamp to my feet and a light to my path. I have sworn an oath and confirmed it, to keep your righteous rules. I am severely afflicted; give me life, O Lord, according to your word! Accept my freewill offerings of praise, O Lord, and teach me your rules. I hold my life in my hand continually, but I do not forget your law. The wicked have laid a snare for me, but I do not stray from your precepts. Your testimonies are my heritage forever, for they are the joy of my heart. I incline my heart to perform your statutes forever, to the end.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Give me guidance in...
- Remind me of your faithfulness in...
- Keep my heart in...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

THURSDAY - Saints

Pray for believers — families, marriages, prodigals, next generation, holiness, endurance

DAY 20 –FRIDAY, JUNE 19

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:113-120

“I hate the double-minded, but I love your law. You are my hiding place and my shield; I hope in your word. Depart from me, you evildoers, that I may keep the commandments of my God. Uphold me according to your promise, that I may live, and let me not be put to shame in my hope! Hold me up, that I may be safe and have regard for your statutes continually! You spurn all who go astray from your statutes, for their cunning is in vain. All the wicked of the earth you discard like dross, therefore I love your testimonies. My flesh trembles for fear of you, and I am afraid of your judgments.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Shield _____ from the schemes of the enemy
- Hold me up...
- Build my trust in you...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

FRIDAY - Suffering

Pray for the vulnerable — poor, imprisoned, addicted, grieving, oppressed

DAY 21 – MONDAY, JUNE 22

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:121-128

I have done what is just and right; do not leave me to my oppressors. Give your servant a pledge of good; let not the insolent oppress me. My eyes long for your salvation and for the fulfillment of your righteous promise. Deal with your servant according to your steadfast love, and teach me your statutes. I am your servant; give me understanding, that I may know your testimonies! It is time for the Lord to act, for your law has been broken. Therefore I love your commandments above gold, above fine gold. Therefore I consider all your precepts to be right; I hate every false way.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Help me understand...
- Give me courage to experience your testimony in...
- Teach me to love your commandments more than...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

MONDAY - Belmont Church

Pray for repentance, unity, leadership, worship, and renewal.

DAY 22 – TUESDAY, JUNE 23

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:129-136

Your testimonies are wonderful; therefore my soul keeps them. The unfolding of your words gives light; it imparts understanding to the simple. I open my mouth and pant, because I long for your commandments. Turn to me and be gracious to me, as is your way with those who love your name. Keep steady my steps according to your promise, and let no iniquity get dominion over me. Redeem me from man's oppression, that I may keep your precepts. Make your face shine upon your servant, and teach me your statutes. My eyes shed streams of tears, because people do not keep your law.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Guide me into...
- Let your spirit help me guide others into...
- Have your face shine when...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

TUESDAY - Local Community

Pray for Nashville, schools, businesses, justice, peace, and neighbors

DAY 23 – WEDNESDAY, JUNE 24

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:137-144

Righteous are you, O Lord, and right are your rules. You have appointed your testimonies in righteousness and in all faithfulness. My zeal consumes me, because my foes forget your words. Your promise is well tried, and your servant loves it. I am small and despised, yet I do not forget your precepts. Your righteousness is righteous forever, and your law is true. Trouble and anguish have found me out, but your commandments are my delight. Your testimonies are righteous forever; give me understanding that I may live.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Speak to me...
- Give me the zeal...
- Help me guide _____ into a zeal for you

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

WEDNESDAY - Every Nation

Pray for missionaries, unreached peoples, the persecuted church, and global leaders

DAY 24 –THURSDAY, JUNE 25

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:145-152

With my whole heart I cry; answer me, O Lord! I will keep your statutes. I call to you; save me, that I may observe your testimonies. I rise before dawn and cry for help; I hope in your words. My eyes are awake before the watches of the night, that I may meditate on your promise. Hear my voice according to your steadfast love; O Lord, according to your justice give me life. They draw near who persecute me with evil purpose; they are far from your law. But you are near, O Lord, and all your commandments are true. Long have I known from your testimonies that you have founded them forever.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Help me feel your nearness when I...
- Teach my heart...
- Place the desire for your word in...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

THURSDAY - Saints

Pray for believers — families, marriages, prodigals, next generation, holiness, endurance

DAY 25 – FRIDAY, JUNE 26

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:153-160

Look on my affliction and deliver me, for I do not forget your law. Plead my cause and redeem me; give me life according to your promise! Salvation is far from the wicked, for they do not seek your statutes. Great is your mercy, O Lord; give me life according to your rules. Many are my persecutors and my adversaries, but I do not swerve from your testimonies. I look at the faithless with disgust, because they do not keep your commands. Consider how I love your precepts! Give me life, O Lord, according to your steadfast love. The sum of your word is truth, and every one of your righteous rules endures forever.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Deliver me from...
- I pray that ____ experiences your deliverance
- Revive those who...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

FRIDAY - Suffering

Pray for the vulnerable — poor, imprisoned, addicted, grieving, oppressed

DAY 26 – MONDAY, JUNE 29

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:161-168

Princes persecute me without cause, but my heart stands in awe of your words. I rejoice at your word like one who finds great spoil. I hate and abhor falsehood, but I love your law. Seven times a day I praise you for your righteous rules. Great peace have those who love your law; nothing can make them stumble. I hope for your salvation, O Lord, and I do your commandments. My soul keeps your testimonies; I love them exceedingly. I keep your precepts and testimonies, for all my ways are before you.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships.

- Grant me peace in...
- Guide me away from stumbling into...
- Help me see that your salvation can _____ in my life

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

MONDAY - Belmont Church

Pray for repentance, unity, leadership, worship, and renewal.

DAY 27 –TUESDAY, JUNE 30

ANCHORED IN THE WORD

READ - *Read the passage slowly. Twice. Underline attributes of God and prayers*

Psalm 119:169-176

Let my cry come before you, O Lord; give me understanding according to your word! Let my plea come before you; deliver me according to your word. My lips will pour forth praise, for you teach me your statutes. My tongue will sing of your word, for all your commandments are right. Let your hand be ready to help me, for I have chosen your precepts. I long for your salvation, O Lord, and your law is my delight. Let my soul live and praise you, and let your rules help me. I have gone astray like a lost sheep; seek your servant, for I do not forget your commandments.

SEE – *What prayers, thoughts, or words speak to your soul? Write them down*

LED BY THE SPIRIT

P.R.A.Y. THE WORD

PRAISE: What does this passage reveal about who God is?
Praise Him for those attributes.

REPENT: Where does this passage expose sin, pride, fear, or unbelief in you?
Confess specifically.

ASK: Ask the Spirit to guide your prayer over concerns, resources, and relationships

- Guide me to be vulnerable in...
- Lead me to cry out for...
- Help me understand...

YIELD: What control, habit, fear, or agenda must you surrender?
Submit to the Spirit's leading.

OBEY: *What action will you take today? Is there someone you need to speak to, forgive, confess to, or encourage?*

TUESDAY - Local Community

Pray for Nashville, schools, businesses, justice, peace, and neighbors