

BIBLE READING PLAN

PRAYING THE WORD



SUMMER in the PSALMS - Part 3



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.

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.

ANCHORED IN THE WORD

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

Psalm 29

Ascribe to the Lord, O heavenly beings, ascribe to the Lord glory and strength. Ascribe to the Lord the glory due his name; worship the Lord in the splendor of holiness. The voice of the Lord is over the waters; the God of glory thunders, the Lord, over many waters. The voice of the Lord is powerful; the voice of the Lord is full of majesty. The voice of the Lord breaks the cedars; the Lord breaks the cedars of Lebanon. He makes Lebanon to skip like a calf, and Sirion like a young wild ox. The voice of the Lord flashes forth flames of fire. The voice of the Lord shakes the wilderness; the Lord shakes the wilderness of Kadesh. The voice of the Lord makes the deer give birth and strips the forests bare, and in his temple all cry, "Glory!" The Lord sits enthroned over the flood; the Lord sits enthroned as king forever. May the Lord give strength to his people! May the Lord bless his people with peace!

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

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.

ANCHORED IN THE WORD

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

Psalm 55:1-15

Give ear to my prayer, O God, and hide not yourself from my plea for mercy! Attend to me, and answer me; I am restless in my complaint and I moan, because of the noise of the enemy, because of the oppression of the wicked. For they drop trouble upon me, and in anger they bear a grudge against me. My heart is in anguish within me; the terrors of death have fallen upon me. Fear and trembling come upon me, and horror overwhelms me. And I say, “Oh, that I had wings like a dove! I would fly away and be at rest; yes, I would wander far away; I would lodge in the wilderness; Selah I would hurry to find a shelter from the raging wind and tempest.” Destroy, O Lord, divide their tongues; for I see violence and strife in the city. Day and night they go around it on its walls, and iniquity and trouble are within it; ruin is in its midst; oppression and fraud do not depart from its marketplace. For it is not an enemy who taunts me— then I could bear it; it is not an adversary who deals insolently with me— then I could hide from him. But it is you, a man, my equal, my companion, my familiar friend. We used to take sweet counsel together; within God’s house we walked in the throng. Let death steal over them; let them go down to Sheol alive; for evil is in their dwelling place and in their heart.

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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

ANCHORED IN THE WORD

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

Psalm 55:16-22

But I call to God, and the Lord will save me. Evening and morning and at noon I utter my complaint and moan, and he hears my voice. He redeems my soul in safety from the battle that I wage, for many are arrayed against me. God will give ear and humble them, he who is enthroned from of old, Selah because they do not change and do not fear God. My companion stretched out his hand against his friends; he violated his covenant. His speech was smooth as butter, yet war was in his heart; his words were softer than oil, yet they were drawn swords. Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved.

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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 75

We give thanks to you, O God; we give thanks, for your name is near. We recount your wondrous deeds. “At the set time that I appoint I will judge with equity. When the earth totters, and all its inhabitants, it is I who keep steady its pillars. Selah I say to the boastful, ‘Do not boast,’ and to the wicked, ‘Do not lift up your horn; do not lift up your horn on high, or speak with haughty neck.’” For not from the east or from the west and not from the wilderness comes lifting up, but it is God who executes judgment, putting down one and lifting up another. For in the hand of the Lord there is a cup with foaming wine, well mixed, and he pours out from it, and all the wicked of the earth shall drain it down to the dregs. But I will declare it forever; I will sing praises to the God of Jacob. All the horns of the wicked I will cut off, but the horns of the righteous shall be lifted up.

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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 5 – FRIDAY AUGUST 7TH

ANCHORED IN THE WORD

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

Psalm 146

Praise the Lord! Praise the Lord, O my soul! I will praise the Lord as long as I live; I will sing praises to my God while I have my being. Put not your trust in princes, in a son of man, in whom there is no salvation. When his breath departs, he returns to the earth; on that very day his plans perish. Blessed is he whose help is the God of Jacob, whose hope is in the Lord his God, who made heaven and earth, the sea, and all that is in them, who keeps faith forever; who executes justice for the oppressed, who gives food to the hungry. The Lord sets the prisoners free; the Lord opens the eyes of the blind. The Lord lifts up those who are bowed down; the Lord loves the righteous. The Lord watches over the sojourners; he upholds the widow and the fatherless, but the way of the wicked he brings to ruin. The Lord will reign forever, your God, O Zion, to all generations. Praise the Lord!

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

LED BY THE SPIRIT

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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.

ANCHORED IN THE WORD

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

Psalm 144

Blessed be the Lord, my rock, who trains my hands for war, and my fingers for battle; he is my steadfast love and my fortress, my stronghold and my deliverer, my shield and he in whom I take refuge, who subdues peoples under me. O Lord, what is man that you regard him, or the son of man that you think of him? Man is like a breath; his days are like a passing shadow. Bow your heavens, O Lord, and come down! Touch the mountains so that they smoke! Flash forth the lightning and scatter them; send out your arrows and rout them! Stretch out your hand from on high; rescue me and deliver me from the many waters, from the hand of foreigners, whose mouths speak lies and whose right hand is a right hand of falsehood. I will sing a new song to you, O God; upon a ten-stringed harp I will play to you, who gives victory to kings, who rescues David his servant from the cruel sword. Rescue me and deliver me from the hand of foreigners, whose mouths speak lies and whose right hand is a right hand of falsehood. May our sons in their youth be like plants full grown, our daughters like corner pillars cut for the structure of a palace; may our granaries be full, providing all kinds of produce; may our sheep bring forth thousands and ten thousands in our fields; may our cattle be heavy with young, suffering no mishap or failure in bearing; may there be no cry of distress in our streets! Blessed are the people to whom such blessings fall! Blessed are the people whose God is the Lord!

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MONDAY - Belmont Church

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

ANCHORED IN THE WORD

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

Psalm 142

With my voice I cry out to the Lord; with my voice I plead for mercy to the Lord. I pour out my complaint before him; I tell my trouble before him. When my spirit faints within me, you know my way! In the path where I walk they have hidden a trap for me. Look to the right and see: there is none who takes notice of me; no refuge remains to me; no one cares for my soul. I cry to you, O Lord; I say, “You are my refuge, my portion in the land of the living.” Attend to my cry, for I am brought very low! Deliver me from my persecutors, for they are too strong for me! Bring me out of prison, that I may give thanks to your name! The righteous will surround me, for you will deal bountifully with me.

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TUESDAY - Local Community

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

ANCHORED IN THE WORD

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

Psalm 121

I lift up my eyes to the hills. From where does my help come? My help comes from the Lord, who made heaven and earth. He will not let your foot be moved; he who keeps you will not slumber. Behold, he who keeps Israel will neither slumber nor sleep. The Lord is your keeper; the Lord is your shade on your right hand. The sun shall not strike you by day, nor the moon by night. The Lord will keep you from all evil; he will keep your life. The Lord will keep your going out and your coming in from this time forth and forevermore.

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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 125

Those who trust in the Lord are like Mount Zion, which cannot be moved, but abides forever. As the mountains surround Jerusalem, so the Lord surrounds his people, from this time forth and forevermore. For the scepter of wickedness shall not rest on the land allotted to the righteous, lest the righteous stretch out their hands to do wrong. Do good, O Lord, to those who are good, and to those who are upright in their hearts! But those who turn aside to their crooked ways the Lord will lead away with evildoers! Peace be upon Israel!

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THURSDAY - Saints

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

DAY 10 – FRIDAY AUGUST 14TH

ANCHORED IN THE WORD

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

Psalm 111

Praise the Lord! I will give thanks to the Lord with my whole heart, in the company of the upright, in the congregation. Great are the works of the Lord, studied by all who delight in them. Full of splendor and majesty is his work, and his righteousness endures forever. He has caused his wondrous works to be remembered; the Lord is gracious and merciful. He provides food for those who fear him; he remembers his covenant forever. He has shown his people the power of his works, in giving them the inheritance of the nations. The works of his hands are faithful and just; all his precepts are trustworthy; they are established forever and ever, to be performed with faithfulness and uprightness. He sent redemption to his people; he has commanded his covenant forever. Holy and awesome is his name! The fear of the Lord is the beginning of wisdom; all those who practice it have a good understanding. His praise endures forever!

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FRIDAY - Suffering

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

ANCHORED IN THE WORD

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

Psalm 132

Remember, O Lord, in David's favor, all the hardships he endured, how he swore to the Lord and vowed to the Mighty One of Jacob, "I will not enter my house or get into my bed, I will not give sleep to my eyes or slumber to my eyelids, until I find a place for the Lord, a dwelling place for the Mighty One of Jacob." Behold, we heard of it in Ephrathah; we found it in the fields of Jaar. "Let us go to his dwelling place; let us worship at his footstool!" Arise, O Lord, and go to your resting place, you and the ark of your might. Let your priests be clothed with righteousness, and let your saints shout for joy. For the sake of your servant David, do not turn away the face of your anointed one. The Lord swore to David a sure oath from which he will not turn back: "One of the sons of your body I will set on your throne. If your sons keep my covenant and my testimonies that I shall teach them, their sons also forever shall sit on your throne." For the Lord has chosen Zion; he has desired it for his dwelling place: "This is my resting place forever; here I will dwell, for I have desired it. I will abundantly bless her provisions; I will satisfy her poor with bread. Her priests I will clothe with salvation, and her saints will shout for joy. There I will make a horn to sprout for David; I have prepared a lamp for my anointed. His enemies I will clothe with shame, but on him his crown will shine."

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MONDAY - Belmont Church

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

ANCHORED IN THE WORD

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

Psalm 135

Praise the Lord! Praise the name of the Lord, give praise, O servants of the Lord, who stand in the house of the Lord, in the courts of the house of our God! Praise the Lord, for the Lord is good; sing to his name, for it is pleasant! For the Lord has chosen Jacob for himself, Israel as his own possession. For I know that the Lord is great, and that our Lord is above all gods. Whatever the Lord pleases, he does, in heaven and on earth, in the seas and all depths. He it is who makes the clouds rise at the end of the earth, who makes lightnings for the rain and brings forth the wind from his storehouses. He it was who struck down the firstborn of Egypt, both of man and of beast; who in your midst, O Egypt, sent signs and wonders against Pharaoh and all his servants; who struck down many nations and killed mighty kings, Sihon, king of the Amorites, and Og, king of Bashan, and all the kingdoms of Canaan, and gave their land as a heritage, a heritage to his people Israel. Your name, O Lord, endures forever, your renown, O Lord, throughout all ages. For the Lord will vindicate his people and have compassion on his servants. The idols of the nations are silver and gold, the work of human hands. They have mouths, but do not speak; they have eyes, but do not see; they have ears, but do not hear, nor is there any breath in their mouths. Those who make them become like them; so do all who trust in them. O house of Israel, bless the Lord! O house of Aaron, bless the Lord! O house of Levi, bless the Lord! You who fear the Lord, bless the Lord! Blessed be the Lord from Zion, he who dwells in Jerusalem! Praise the Lord!

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TUESDAY - Local Community

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

DAY 13 – WEDNESDAY AUGUST 19TH

ANCHORED IN THE WORD

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

Psalm 110

The Lord says to my Lord: “Sit at my right hand, until I make your enemies your footstool.” The Lord sends forth from Zion your mighty scepter. Rule in the midst of your enemies! Your people will offer themselves freely on the day of your power, in holy garments; from the womb of the morning, the dew of your youth will be yours. The Lord has sworn and will not change his mind, “You are a priest forever after the order of Melchizedek.” The Lord is at your right hand; he will shatter kings on the day of his wrath. He will execute judgment among the nations, filling them with corpses; he will shatter chiefs over the wide earth. He will drink from the brook by the way; therefore he will lift up his head.

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WEDNESDAY - Every Nation

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

DAY 14 – THURSDAY AUGUST 20TH

ANCHORED IN THE WORD

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

Psalm 128

Blessed is everyone who fears the Lord, who walks in his ways! You shall eat the fruit of the labor of your hands; you shall be blessed, and it shall be well with you. Your wife will be like a fruitful vine within your house; your children will be like olive shoots around your table. Behold, thus shall the man be blessed who fears the Lord. The Lord bless you from Zion! May you see the prosperity of Jerusalem all the days of your life! May you see your children's children! Peace be upon Israel!

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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 140

Deliver me, O Lord, from evil men; preserve me from violent men, who plan evil things in their heart and stir up wars continually. They make their tongue sharp as a serpent's, and under their lips is the venom of asps. Selah Guard me, O Lord, from the hands of the wicked; preserve me from violent men, who have planned to trip up my feet. The arrogant have hidden a trap for me, and with cords they have spread a net; beside the way they have set snares for me. Selah I say to the Lord, You are my God; give ear to the voice of my pleas for mercy, O Lord! O Lord, my Lord, the strength of my salvation, you have covered my head in the day of battle. Grant not, O Lord, the desires of the wicked; do not further their evil plot, or they will be exalted! Selah As for the head of those who surround me, let the mischief of their lips overwhelm them! Let burning coals fall upon them! Let them be cast into fire, into miry pits, no more to rise! Let not the slanderer be established in the land; let evil hunt down the violent man speedily! I know that the Lord will maintain the cause of the afflicted, and will execute justice for the needy. Surely the righteous shall give thanks to your name; the upright shall dwell in your presence.

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

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.

ANCHORED IN THE WORD

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

Psalm 108

My heart is steadfast, O God! I will sing and make melody with all my being! Awake, O harp and lyre! I will awake the dawn! I will give thanks to you, O Lord, among the peoples; I will sing praises to you among the nations. For your steadfast love is great above the heavens; your faithfulness reaches to the clouds. Be exalted, O God, above the heavens! Let your glory be over all the earth! That your beloved ones may be delivered, give salvation by your right hand and answer me! God has promised in his holiness: "With exultation I will divide up Shechem and portion out the Valley of Succoth. Gilead is mine; Manasseh is mine; Ephraim is my helmet, Judah my scepter. Moab is my washbasin; upon Edom I cast my shoe; over Philistia I shout in triumph." Who will bring me to the fortified city? Who will lead me to Edom? Have you not rejected us, O God? You do not go out, O God, with our armies. Oh grant us help against the foe, for vain is the salvation of man! With God we shall do valiantly; it is he who will tread down our foes.

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?
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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.

ANCHORED IN THE WORD

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

Psalm 116

I love the Lord, because he has heard my voice and my pleas for mercy. Because he inclined his ear to me, therefore I will call on him as long as I live. The snares of death encompassed me; the pangs of Sheol laid hold on me; I suffered distress and anguish. Then I called on the name of the Lord: “O Lord, I pray, deliver my soul!” Gracious is the Lord, and righteous; our God is merciful. The Lord preserves the simple; when I was brought low, he saved me. Return, O my soul, to your rest; for the Lord has dealt bountifully with you. For you have delivered my soul from death, my eyes from tears, my feet from stumbling; I will walk before the Lord in the land of the living. I believed, even when I spoke: “I am greatly afflicted”; I said in my alarm, “All mankind are liars.” What shall I render to the Lord for all his benefits to me? I will lift up the cup of salvation and call on the name of the Lord, I will pay my vows to the Lord in the presence of all his people. Precious in the sight of the Lord is the death of his saints. O Lord, I am your servant; I am your servant, the son of your maidservant. You have loosed my bonds. I will offer to you the sacrifice of thanksgiving and call on the name of the Lord. I will pay my vows to the Lord in the presence of all his people, in the courts of the house of the Lord, in your midst, O Jerusalem. 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?
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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 AUGUST 26TH

ANCHORED IN THE WORD

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

Psalm 123

To you I lift up my eyes, O you who are enthroned in the heavens! Behold, as the eyes of servants look to the hand of their master, as the eyes of a maidservant to the hand of her mistress, so our eyes look to the Lord our God, till he has mercy upon us. Have mercy upon us, O Lord, have mercy upon us, for we have had more than enough of contempt. Our soul has had more than enough of the scorn of those who are at ease, of the contempt of the proud.

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?
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Confess specifically.

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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 141

O Lord, I call upon you; hasten to me! Give ear to my voice when I call to you! Let my prayer be counted as incense before you, and the lifting up of my hands as the evening sacrifice! Set a guard, O Lord, over my mouth; keep watch over the door of my lips! Do not let my heart incline to any evil, to busy myself with wicked deeds in company with men who work iniquity, and let me not eat of their delicacies! Let a righteous man strike me—it is a kindness; let him rebuke me—it is oil for my head; let my head not refuse it. Yet my prayer is continually against their evil deeds. When their judges are thrown over the cliff, then they shall hear my words, for they are pleasant. As when one plows and breaks up the earth, so shall our bones be scattered at the mouth of Sheol. But my eyes are toward you, O God, my Lord; in you I seek refuge; leave me not defenseless! Keep me from the trap that they have laid for me and from the snares of evildoers! Let the wicked fall into their own nets, while I pass by safely.

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?
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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.

ANCHORED IN THE WORD

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

Psalm 126

When the Lord restored the fortunes of Zion, we were like those who dream. Then our mouth was filled with laughter, and our tongue with shouts of joy; then they said among the nations, “The Lord has done great things for them.” The Lord has done great things for us; we are glad. Restore our fortunes, O Lord, like streams in the Negeb! Those who sow in tears shall reap with shouts of joy! He who goes out weeping, bearing the seed for sowing, shall come home with shouts of joy, bringing his sheaves with him.

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?
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FRIDAY - Suffering

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