

BIBLE READING PLAN

PRAYING THE WORD



SUMMER in the PSALMS - Part 2



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 through scripture. 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.

DAY 1 –WEDNESDAY, JULY 1ST

ANCHORED IN THE WORD

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

Psalm 1

Blessed is the man Who walks not in the counsel of the ungodly, Nor stands in the path of sinners, Nor sits in the seat of the scornful; But his delight is in the law of the Lord, And in His law he meditates day and night. He shall be like a tree Planted by the rivers of water, That brings forth its fruit in its season, Whose leaf also shall not wither; And whatever he does shall prosper. The ungodly are not so, But are like the chaff which the wind drives away. Therefore the ungodly shall not stand in the judgment, Nor sinners in the congregation of the righteous. For the Lord knows the way of the righteous, But the way of the ungodly shall perish.

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?*

WEDNESDAY - Every Nation

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

DAY 2 –THURSDAY, JULY 2ND

ANCHORED IN THE WORD

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

Psalm 148

Praise the Lord! Praise the Lord from the heavens; praise him in the heights! Praise him, all his angels; praise him, all his hosts! Praise him, sun and moon, praise him, all you shining stars! Praise him, you highest heavens, and you waters above the heavens! Let them praise the name of the Lord! For he commanded and they were created. And he established them forever and ever; he gave a decree, and it shall not pass away. Praise the Lord from the earth, you great sea creatures and all deeps, fire and hail, snow and mist, stormy wind fulfilling his word! Mountains and all hills, fruit trees and all cedars! Beasts and all livestock, creeping things and flying birds! Kings of the earth and all peoples, princes and all rulers of the earth! Young men and maidens together, old men and children! Let them praise the name of the Lord, for his name alone is exalted; his majesty is above earth and heaven. He has raised up a horn for his people, praise for all his saints, for the people of Israel who are near to him. Praise the Lord!

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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 104:1-15

Bless the Lord, O my soul! O Lord my God, you are very great! You are clothed with splendor and majesty, covering yourself with light as with a garment, stretching out the heavens like a tent. He lays the beams of his chambers on the waters; he makes the clouds his chariot; he rides on the wings of the wind; he makes his messengers winds, his ministers a flaming fire. He set the earth on its foundations, so that it should never be moved. You covered it with the deep as with a garment; the waters stood above the mountains. At your rebuke they fled; at the sound of your thunder they took to flight. The mountains rose, the valleys sank down to the place that you appointed for them. You set a boundary that they may not pass, so that they might not again cover the earth. You make springs gush forth in the valleys; they flow between the hills; they give drink to every beast of the field; the wild donkeys quench their thirst. Beside them the birds of the heavens dwell; they sing among the branches. From your lofty abode you water the mountains; the earth is satisfied with the fruit of your work. You cause the grass to grow for the livestock and plants for man to cultivate, that he may bring forth food from the earth and wine to gladden the heart of man, oil to make his face shine and bread to strengthen man's 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?*

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 104:16-35

The trees of the Lord are watered abundantly, the cedars of Lebanon that he planted. In them the birds build their nests; the stork has her home in the fir trees. The high mountains are for the wild goats; the rocks are a refuge for the rock badgers. He made the moon to mark the seasons; the sun knows its time for setting. You make darkness, and it is night, when all the beasts of the forest creep about. The young lions roar for their prey, seeking their food from God. When the sun rises, they steal away and lie down in their dens. Man goes out to his work and to his labor until the evening.

O Lord, how manifold are your works! In wisdom have you made them all; the earth is full of your creatures. Here is the sea, great and wide, which teems with creatures innumerable, living things both small and great. There go the ships, and Leviathan, which you formed to play in it. These all look to you, to give them their food in due season. When you give it to them, they gather it up; when you open your hand, they are filled with good things. When you hide your face, they are dismayed; when you take away their breath, they die and return to their dust. When you send forth your Spirit, they are created, and you renew the face of the ground.

May the glory of the Lord endure forever; may the Lord rejoice in his works, who looks on the earth and it trembles, who touches the mountains and they smoke! I will sing to the Lord as long as I live; I will sing praise to my God while I have being. May my meditation be pleasing to him, for I rejoice in the Lord. Let sinners be consumed from the earth, and let the wicked be no more! Bless the Lord, O my soul! Praise the Lord!

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MONDAY - Belmont Church

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

DAY 5 – TUESDAY, JULY 7TH

ANCHORED IN THE WORD

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

Psalm 52

Why do you boast of evil, O mighty man? The steadfast love of God endures all the day. Your tongue plots destruction, like a sharp razor, you worker of deceit. You love evil more than good, and lying more than speaking what is right. Selah You love all words that devour, O deceitful tongue. But God will break you down forever; he will snatch and tear you from your tent; he will uproot you from the land of the living. Selah The righteous shall see and fear, and shall laugh at him, saying, “See the man who would not make God his refuge, but trusted in the abundance of his riches and sought refuge in his own destruction!” But I am like a green olive tree in the house of God. I trust in the steadfast love of God forever and ever. I will thank you forever, because you have done it. I will wait for your name, for it is good, in the presence of the godly.

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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.

DAY 6 – WEDNESDAY, JULY 8TH

ANCHORED IN THE WORD

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

Psalm 92:1-9

It is good to give thanks to the Lord, to sing praises to your name, O Most High; to declare your steadfast love in the morning, and your faithfulness by night, to the music of the lute and the harp, to the melody of the lyre. For you, O Lord, have made me glad by your work; at the works of your hands I sing for joy. How great are your works, O Lord! Your thoughts are very deep! The stupid man cannot know; the fool cannot understand this: that though the wicked sprout like grass and all evildoers flourish, they are doomed to destruction forever; but you, O Lord, are on high forever. For behold, your enemies, O Lord, for behold, your enemies shall perish; all evildoers shall be scattered.

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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.

DAY 7 –THURSDAY, JULY 9TH

ANCHORED IN THE WORD

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

Psalm 92:10-15

But you have exalted my horn like that of the wild ox; you have poured over me fresh oil. My eyes have seen the downfall of my enemies; my ears have heard the doom of my evil assailants. The righteous flourish like the palm tree and grow like a cedar in Lebanon. They are planted in the house of the Lord; they flourish in the courts of our God. They still bear fruit in old age; they are ever full of sap and green, to declare that the Lord is upright; he is my rock, and there is no unrighteousness in him.

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THURSDAY - Saints

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

DAY 8 – FRIDAY, JULY 10TH

ANCHORED IN THE WORD

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

Psalm 96:1-6

Oh sing to the Lord a new song; sing to the Lord, all the earth! Sing to the Lord, bless his name; tell of his salvation from day to day. Declare his glory among the nations, his marvelous works among all the peoples! For great is the Lord, and greatly to be praised; he is to be feared above all gods. For all the gods of the peoples are worthless idols, but the Lord made the heavens. Splendor and majesty are before him; strength and beauty are in his sanctuary.

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FRIDAY - Suffering

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

DAY 9 – MONDAY, JULY 13TH

ANCHORED IN THE WORD

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

Psalm 96:7-13

Ascribe to the Lord, O families of the peoples, ascribe to the Lord glory and strength!
Ascribe to the Lord the glory due his name; bring an offering, and come into his courts!
Worship the Lord in the splendor of holiness; tremble before him, all the earth! Say among
the nations, “The Lord reigns! Yes, the world is established; it shall never be moved; he will
judge the peoples with equity.” Let the heavens be glad, and let the earth rejoice; let the
sea roar, and all that fills it; let the field exult, and everything in it! Then shall all the trees of
the forest sing for joy before the Lord, for he comes, for he comes to judge the earth. He
will judge the world in righteousness, and the peoples in his faithfulness.

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MONDAY - Belmont Church

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

DAY 10 – TUESDAY, JULY 14TH

ANCHORED IN THE WORD

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

Psalm 120

In my distress I called to the Lord, and he answered me. Deliver me, O Lord, from lying lips, from a deceitful tongue. What shall be given to you, and what more shall be done to you, you deceitful tongue? A warrior's sharp arrows, with glowing coals of the broom tree! Woe to me, that I sojourn in Meshech, that I dwell among the tents of Kedar! Too long have I had my dwelling among those who hate peace. I am for peace, but when I speak, they are for war!

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TUESDAY - Local Community

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

DAY 11 – WEDNESDAY, JULY 15TH

ANCHORED IN THE WORD

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

Psalm 46

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth give way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. Selah 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 her; she shall not be moved; God will help her when morning dawns. The nations rage, the kingdoms totter; he utters his voice, the earth melts. The Lord of hosts is with us; the God of Jacob is our fortress. Selah Come, behold the works of the Lord, how he has brought desolations on the earth. He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire. “Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!” The Lord of hosts is with us; the God of Jacob is our fortress. Selah

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WEDNESDAY - Every Nation

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

DAY 12 –THURSDAY, JULY 16TH

ANCHORED IN THE WORD

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

Psalm 65

“Praise is due to you, O God, in Zion, and to you shall vows be performed. O you who hear prayer, to you shall all flesh come. When iniquities prevail against me, you atone for our transgressions. Blessed is the one you choose and bring near, to dwell in your courts! We shall be satisfied with the goodness of your house, the holiness of your temple! By awesome deeds you answer us with righteousness, O God of our salvation, the hope of all the ends of the earth and of the farthest seas; the one who by his strength established the mountains, being girded with might; who stills the roaring of the seas, the roaring of their waves, the tumult of the peoples, so that those who dwell at the ends of the earth are in awe at your signs. You make the going out of the morning and the evening to shout for joy. You visit the earth and water it; you greatly enrich it; the river of God is full of water; you provide their grain, for so you have prepared it. You water its furrows abundantly, settling its ridges, softening it with showers, and blessing its growth. You crown the year with your bounty; your wagon tracks overflow with abundance. The pastures of the wilderness overflow, the hills gird themselves with joy, the meadows clothe themselves with flocks, the valleys deck themselves with grain, they shout and sing together for joy.”

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THURSDAY - Saints

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

DAY 13 – FRIDAY, JULY 17TH

ANCHORED IN THE WORD

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

Psalm 66

Shout for joy to God, all the earth; sing the glory of his name; give to him glorious praise! Say to God, “How awesome are your deeds! So great is your power that your enemies come cringing to you. All the earth worships you and sings praises to you; they sing praises to your name.” Selah Come and see what God has done: he is awesome in his deeds toward the children of man. He turned the sea into dry land; they passed through the river on foot. There did we rejoice in him, who rules by his might forever, whose eyes keep watch on the nations— let not the rebellious exalt themselves. Selah Bless our God, O peoples; let the sound of his praise be heard, who has kept our soul among the living and has not let our feet slip. For you, O God, have tested us; you have tried us as silver is tried. You brought us into the net; you laid a crushing burden on our backs; you let men ride over our heads; we went through fire and through water; yet you have brought us out to a place of abundance. I will come into your house with burnt offerings; I will perform my vows to you, that which my lips uttered and my mouth promised when I was in trouble. I will offer to you burnt offerings of fattened animals, with the smoke of the sacrifice of rams; I will make an offering of bulls and goats. Selah Come and hear, all you who fear God, and I will tell what he has done for my soul. I cried to him with my mouth, and high praise was on my tongue. If I had cherished iniquity in my heart, the Lord would not have listened. But truly God has listened; he has attended to the voice of my prayer. Blessed be God, because he has not rejected my prayer or removed his steadfast love from me!

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FRIDAY - Suffering

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

DAY 14 – MONDAY, JULY 20TH

ANCHORED IN THE WORD

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

Psalm 80

Give ear, O Shepherd of Israel, you who lead Joseph like a flock. You who are enthroned upon the cherubim, shine forth. Before Ephraim and Benjamin and Manasseh, stir up your might and come to save us! Restore us, O God; let your face shine, that we may be saved! O Lord God of hosts, how long will you be angry with your people's prayers? You have fed them with the bread of tears and given them tears to drink in full measure. You make us an object of contention for our neighbors, and our enemies laugh among themselves. Restore us, O God of hosts; let your face shine, that we may be saved! You brought a vine out of Egypt; you drove out the nations and planted it. You cleared the ground for it; it took deep root and filled the land. The mountains were covered with its shade, the mighty cedars with its branches. It sent out its branches to the sea and its shoots to the River. Why then have you broken down its walls, so that all who pass along the way pluck its fruit? The boar from the forest ravages it, and all that move in the field feed on it. Turn again, O God of hosts! Look down from heaven, and see; have regard for this vine, the stock that your right hand planted, and for the son whom you made strong for yourself. They have burned it with fire; they have cut it down; may they perish at the rebuke of your face! But let your hand be on the man of your right hand, the son of man whom you have made strong for yourself! Then we shall not turn back from you; give us life, and we will call upon your name! Restore us, O Lord God of hosts! Let your face shine, that we may be saved!

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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?*

MONDAY - Belmont Church

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

DAY 15 – TUESDAY, JULY 21ST

ANCHORED IN THE WORD

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

Psalm 36

Transgression speaks to the wicked deep in his heart; there is no fear of God before his eyes. For he flatters himself in his own eyes that his iniquity cannot be found out and hated. The words of his mouth are trouble and deceit; he has ceased to act wisely and do good. He plots trouble while on his bed; he sets himself in a way that is not good; he does not reject evil. Your steadfast love, O Lord, extends to the heavens, your faithfulness to the clouds. Your righteousness is like the mountains of God; your judgments are like the great deep; man and beast you save, O Lord. How precious is your steadfast love, O God! The children of mankind take refuge in the shadow of your wings. They feast on the abundance of your house, and you give them drink from the river of your delights. For with you is the fountain of life; in your light do we see light. Oh, continue your steadfast love to those who know you, and your righteousness to the upright of heart! Let not the foot of arrogance come upon me, nor the hand of the wicked drive me away. There the evildoers lie fallen; they are thrust down, unable to rise.

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?*

TUESDAY - Local Community

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

DAY 16 –WEDNESDAY, JULY 22ND

ANCHORED IN THE WORD

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

Psalm 72

Give the king your justice, O God, and your righteousness to the royal son! May he judge your people with righteousness, and your poor with justice! Let the mountains bear prosperity for the people, and the hills, in righteousness! May he defend the cause of the poor of the people, give deliverance to the children of the needy, and crush the oppressor!

May they fear you while the sun endures, and as long as the moon, throughout all generations! May he be like rain that falls on the mown grass, like showers that water the earth! In his days may the righteous flourish, and peace abound, till the moon be no more! May he have dominion from sea to sea, and from the River to the ends of the earth! May desert tribes bow down before him, and his enemies lick the dust! May the kings of Tarshish and of the coastlands render him tribute; may the kings of Sheba and Seba bring gifts! May all kings fall down before him, all nations serve him! For he delivers the needy when he calls, the poor and him who has no helper. He has pity on the weak and the needy, and saves the lives of the needy. From oppression and violence he redeems their life, and precious is their blood in his sight.

Long may he live; may gold of Sheba be given to him! May prayer be made for him continually, and blessings invoked for him all the day! May there be abundance of grain in the land; on the tops of the mountains may it wave; may its fruit be like Lebanon; and may people blossom in the cities like the grass of the field! May his name endure forever, his fame continue as long as the sun! May people be blessed in him, all nations call him blessed! Blessed be the Lord, the God of Israel, who alone does wondrous things. Blessed be his glorious name forever; may the whole earth be filled with his glory! Amen and Amen! The prayers of David, the son of Jesse, are ended.

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?*

WEDNESDAY - Every Nation

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

DAY 17 – THURSDAY, JULY 23RD

ANCHORED IN THE WORD

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

Psalms 133 and 134

Behold, how good and pleasant it is when brothers dwell in unity! It is like the precious oil on the head, running down on the beard, on the beard of Aaron, running down on the collar of his robes! It is like the dew of Hermon, which falls on the mountains of Zion! For there the Lord has commanded the blessing, life forevermore.

Come, bless the Lord, all you servants of the Lord, who stand by night in the house of the Lord! Lift up your hands to the holy place and bless the Lord! May the Lord bless you from Zion, he who made heaven and earth!

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?*

THURSDAY - Saints

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

DAY 18 – FRIDAY, JULY 24TH

ANCHORED IN THE WORD

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

Psalm 50:1-11

The Mighty One, God the Lord, speaks and summons the earth from the rising of the sun to its setting. Out of Zion, the perfection of beauty, God shines forth. Our God comes; he does not keep silence; before him is a devouring fire, around him a mighty tempest. He calls to the heavens above and to the earth, that he may judge his people: “Gather to me my faithful ones, who made a covenant with me by sacrifice!” The heavens declare his righteousness, for God himself is judge! Selah “Hear, O my people, and I will speak; O Israel, I will testify against you. I am God, your God. Not for your sacrifices do I rebuke you; your burnt offerings are continually before me. I will not accept a bull from your house or goats from your folds. For every beast of the forest is mine, the cattle on a thousand hills. I know all the birds of the hills, and all that moves in the field is mine.

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

DAY 19 – MONDAY, JULY 27TH

ANCHORED IN THE WORD

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

Psalm 74:1-11

O God, why do you cast us off forever? Why does your anger smoke against the sheep of your pasture? Remember your congregation, which you have purchased of old, which you have redeemed to be the tribe of your heritage! Remember Mount Zion, where you have dwelt. Direct your steps to the perpetual ruins; the enemy has destroyed everything in the sanctuary! Your foes have roared in the midst of your meeting place; they set up their own signs for signs. They were like those who swing axes in a forest of trees. And all its carved wood they broke down with hatchets and hammers. They set your sanctuary on fire; they profaned the dwelling place of your name, bringing it down to the ground. They said to themselves, “We will utterly subdue them”; they burned all the meeting places of God in the land. We do not see our signs; there is no longer any prophet, and there is none among us who knows how long. How long, O God, is the foe to scoff? Is the enemy to revile your name forever? Why do you hold back your hand, your right hand? Take it from the fold of your garment and destroy them!

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.

DAY 20 – TUESDAY, JULY 28TH

ANCHORED IN THE WORD

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

Psalm 74:12-23

Yet God my King is from of old, working salvation in the midst of the earth. You divided the sea by your might; you broke the heads of the sea monsters on the waters. You crushed the heads of Leviathan; you gave him as food for the creatures of the wilderness. You split open springs and brooks; you dried up ever-flowing streams. Yours is the day, yours also the night; you have established the heavenly lights and the sun. You have fixed all the boundaries of the earth; you have made summer and winter. Remember this, O Lord, how the enemy scoffs, and a foolish people reviles your name. Do not deliver the soul of your dove to the wild beasts; do not forget the life of your poor forever. Have regard for the covenant, for the dark places of the land are full of the habitations of violence. Let not the downtrodden turn back in shame; let the poor and needy praise your name. Arise, O God, defend your cause; remember how the foolish scoff at you all the day! Do not forget the clamor of your foes, the uproar of those who rise against you, which goes up continually!

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?*

TUESDAY - Local Community

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

DAY 21 – WEDNESDAY, JULY 29TH

ANCHORED IN THE WORD

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

Psalm 84

How lovely is your dwelling place, O Lord of hosts! My soul longs, yes, faints for the courts of the Lord; my heart and flesh sing for joy to the living God. Even the sparrow finds a home, and the swallow a nest for herself, where she may lay her young, at your altars, O Lord of hosts, my King and my God. Blessed are those who dwell in your house, ever singing your praise! Selah Blessed are those whose strength is in you, in whose heart are the highways to Zion. As they go through the Valley of Baca they make it a place of springs; the early rain also covers it with pools. They go from strength to strength; each one appears before God in Zion. O Lord God of hosts, hear my prayer; give ear, O God of Jacob! Selah Behold our shield, O God; look on the face of your anointed! For a day in your courts is better than a thousand elsewhere. I would rather be a doorkeeper in the house of my God than dwell in the tents of wickedness. For the Lord God is a sun and shield; the Lord bestows favor and honor. No good thing does he withhold from those who walk uprightly. O Lord of hosts, blessed is the one who trusts in you!

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?*

WEDNESDAY - Every Nation

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

DAY 22 – THURSDAY, JULY 30TH

ANCHORED IN THE WORD

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

Psalm 136:1-16

Give thanks to the Lord, for he is good, for his steadfast love endures forever. Give thanks to the God of gods, for his steadfast love endures forever. Give thanks to the Lord of Lords, for his steadfast love endures forever; to him who alone does great wonders, for his steadfast love endures forever; to him who by understanding made the heavens, for his steadfast love endures forever; to him who spread out the earth above the waters, for his steadfast love endures forever; to him who made the great lights, for his steadfast love endures forever; the sun to rule over the day, for his steadfast love endures forever; the moon and stars to rule over the night, for his steadfast love endures forever;

to him who struck down the firstborn of Egypt, for his steadfast love endures forever; and brought Israel out from among them, for his steadfast love endures forever; with a strong hand and an outstretched arm, for his steadfast love endures forever; to him who divided the Red Sea in two, for his steadfast love endures forever; and made Israel pass through the midst of it, for his steadfast love endures forever; but overthrew Pharaoh and his host in the Red Sea, for his steadfast love endures forever; to him who led his people through the wilderness, for his steadfast love 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 *(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?*

THURSDAY - Saints

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

DAY 23 – FRIDAY, JULY 31ST

ANCHORED IN THE WORD

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

Psalm 136:17-26

To him who struck down great kings, for his steadfast love endures forever; and killed mighty kings, for his steadfast love endures forever; Sihon, king of the Amorites, for his steadfast love endures forever; and Og, king of Bashan, for his steadfast love endures forever; and gave their land as a heritage, for his steadfast love endures forever; a heritage to Israel his servant, for his steadfast love endures forever. It is he who remembered us in our low estate, for his steadfast love endures forever; and rescued us from our foes, for his steadfast love endures forever; he who gives food to all flesh, for his steadfast love endures forever. Give thanks to the God of heaven, for his steadfast love 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 *(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