

Praying with the Bible

One of the ways God speaks to us is through his Holy Word in the Bible... we can get closer to knowing God through Bible study and also by mindfully letting words and phrases of Scripture speak to us and lead us into prayer.

Praying with the Bible can help us to deepen our relationship with God and live our lives more fully as followers of Jesus Christ.

Gently follow the steps overleaf..



To begin, pray with John 15:9-12 or a favourite passage of your own.

You might like to pray with the Bible

- * by taking a reading from each Sunday and gently praying with it each week.
- * in a Prayer Group or Bible Study meeting - and gently share with others the word or phrase you prayed with.

Please take this bookmark home and keep it in your Bible

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Preparing to pray:

1. Find a suitable place and time in the day when you will be undisturbed
2. You could light a candle or place a picture as a focus for your prayer
3. Make yourself comfortable but not too relaxed...
4. Help to quieten the mind, perhaps by breathing deeply and slowly for a few minutes and / or playing some quiet music.
5. After allowing yourself to become settled and before you read from Holy Scripture, gently pray that your mind and heart may be open to receive God's Word today.

Now that you are ready:

1. Read or listen to a passage of scripture slowly and attentively
2. Focus on a particular word or phrase that you feel drawn to, gently repeating it to yourself a few times
3. Let that word or phrase lead your thoughts into prayer, bringing yourself, your concerns, your hopes, your fears to God in quiet conversation. Sit quietly for a while and welcome any thoughts God is laying on your heart.
4. Finally, simply rest in the peaceful presence of the Lord and give thanks for His grace and mercy. Amen.

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