



Episode 5

Praying the Psalms as Personal Prayer

Guest, Heather Jones

Bear Valley Bible Institute graduate, Heather Jones, discusses how we can use the book of Psalms to strengthen our prayer life. If you'd like a free bible study online or by mail visit <http://bigcountry.worldbibleschool.org>

Steps to adapting a Psalm for prayer

- 1. Choose a Psalm and read it several times through.**
- 2. Look at the structure of the passage. See if there any any ways to break it up into sections.**
- 3. Study and recognize the central thoughts of each section.**
- 5. Re-word sections to reflect your own life situations.**
- 6. Pray 🙏**

Breakdown of the Psalms

I. Psalms 3-41: The Foundation of Covenant
Faithfulness

II. Psalms 42-72: Hope for the Messianic Kingdom

III. Psalms 73-89: Hope for the Messiah After Exile

IV. Psalms 90-106: The God of Israel as the King of All
Creation

V. Psalms 107-150: Songs of Ascent and Poems of
Praise

Scriptures Referenced

James 5:16 Psalm 143

Ephesians ch.1,2 James 1:5-6

