

Learning to Pray From the Psalms

We Can Pray
Anytime

Lesson 10
June 11

We can pray to God anytime, from anywhere. That's really, really good news, but sometimes it can be easy to take for granted. So let's allow the Psalms to remind us...

We can pray in the morning.

Give ear to my words, O LORD;
consider my groaning.

Give attention to the sound of my cry,
my King and my God,
for to you do I pray.

O LORD, in the morning you hear my voice;
in the morning I prepare a sacrifice for you and watch. (Psa 5:1-3)

- What do you think? Why is the morning a great time to pray? What sort of things would be great to pray from the very beginning of the day?

We can pray in the evening.

Let my prayer be counted as incense before you,
and the lifting up of my hands as the evening sacrifice! (141:2)

- What do you think? Why is the evening a great time to pray? What sort of things would be great to pray as the day begins to wind down?

We can pray at night.

At midnight I rise to praise you,
because of your righteous rules. (119:62)

- What do you think? Why is it a blessing to be able to pray even in the middle of the night? What sort of things might be good to pray about in the middle of the night?

We can pray throughout the day.

Seven times a day I praise you
for your righteous rules. (119:164)

- What do you think? Why is it good to develop the habit of praying to God throughout the day? What sort of things would be great to pray, no matter what is going on?

We can pray in good times.

Make a joyful noise to the LORD, all the earth!
Serve the LORD with gladness!
Come into his presence with singing! (100:1-2)

- What do you think? Why is it sometimes really easy to forget to pray when life is good? Why is it important for us to pray to God in good times?

We can pray in tough times.

In you, O LORD, do I take refuge;
let me never be put to shame!
In your righteousness deliver me and rescue me;
incline your ear to me, and save me! (71:1-2)

- What do you think? Why is it sometimes difficult to pray when life seems tough? Why is it important for us to pray to God, even (or especially) in tough times?

We can pray anytime.

Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you. (1 Thes 5:16-18)

- Any time we run across a statement in the Bible like, "this is the will of God for you," we ought to pay very close attention. So why, of all the things the apostle Paul could attach to that "will of God for you" phrase, does he talk about these three things? Why is it so important for us to...



Always rejoice?



Pray without ceasing?



In all circumstances, give thanks?