

# God's Heart in Prayer

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Psalm 19:14 ~ "May these words of my mouth and this meditation of my heart be pleasing in Your sight, LORD, my Rock, and my Redeemer."

## Introduction

What is prayer? Prayer is having a conversation with God. It's our way of sharing our thoughts, needs, and feelings with Him. In return, God communicates with us through His Word, which we find in the Bible.

As the bride of Christ, we understand the importance of communication in our relationship with Him, much like in a marriage. If you are married, you know that effective communication is essential for nurturing your bond with your spouse. And so, it is with your relationship with God.

## I. God's Word: The Heart of God's Conversation with You

You must start with His Word to develop or enrich your relationship with the Lord. His Word is at the Heart of Who He is. His Word is what He has given you to learn more about Him and to grow in your relationship with Him. Scripture is the foundation of your understanding of God and His will for you.

- 2 Timothy 3:16 ~ *All Scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness that the man of God may be perfect, thoroughly furnished unto all good works.*

Meditation pleases the Lord. It is His Word that we are to meditate on.

- Psalm 19:14 ~ "May. . . this **meditation** of my heart be pleasing in Your sight. . ."
- Psalm 104:34 ~ *Let my **meditation** be pleasing for You.*
- Psalm 119:97 ~ *Oh, how I love Your law! It is my **meditation** all day.*

### What is Biblical Meditation?

Biblical meditation is thinking. Biblical meditation focuses on understanding Who God is and growing closer to Him. It involves concentrating on God's Word and conversing with God. It involves prayerful application. You might ask Him, "What do You want me to learn from this, and how can I apply it to my life? Lord, please speak to my heart. What are You trying to say to me?"

"Meditation" in Scripture means "to ponder, to think deeply, to go over a matter in one's mind."

You can see how "meditation" is used in the translations of the following verses.

(The NKJV translation is used unless otherwise noted).

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- Psalm 1:2 (ESV) ~ *But his delight is in the law of the Lord, and on His law he **meditates** day and night.*
  - Psalm 77:12 ~ *I will also **meditate** on all Your work and talk of Your deeds.*
  - Psalm 143:5 ~ *I remember the days of old; I **meditate** on all Your works. . .*
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## Suggestions for Meditating on God's Word

There is no prescription in the Bible on how to meditate on God's Word, but there are a few thoughts I'd like to share on what has worked for me and what might work for you.

### 1. Remove distractions.

Find a quiet place where you can focus on God without interruptions.

### 2. Choose a verse or passage.

Select a verse or passage that resonates with you.

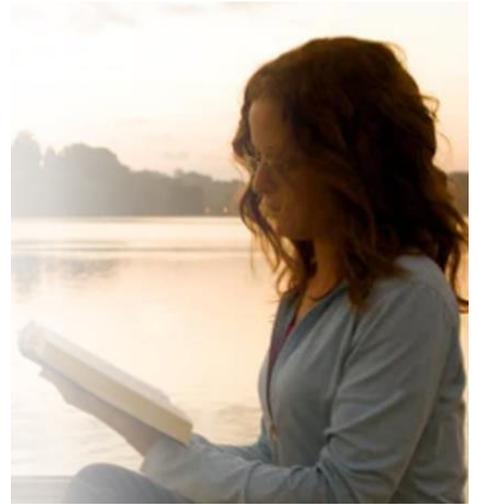
Psalm 19:14 ~ *May these words of my mouth and this meditation of my heart be pleasing in Your sight, LORD, my Rock, and my Redeemer.*"

### 3. Begin with prayer.

Ask the Holy Spirit to guide you in meditating on God's Word. Ask Him to help you understand and apply what God is speaking to your heart.

#### Focus on God.

In Psalm 19:14, David identified God as "LORD, my Rock, and my Redeemer." As you begin to pray, focus on who you are praying to. Personalize God's names as David did. Pray that the Holy Spirit will illuminate the Scriptures for you and help you learn how to listen to what God is saying through His Word so you can apply it to your life.



### 4. Consider the context and ask questions.

Read the surrounding verses for context and then ask questions.

When you ask questions about the verse, it can lead you to

understand the context of the verse. For example, you might ask after reading Psalm 19:14:

- What are these words of my mouth? In verses 1-6, David wrote of praising God for the glory of God in creation.
- What is this meditation of my heart? In verses 7-13, he wrote of the value of God's Word and his desire to be blameless and acceptable before God.
- What is pleasing in God's sight?" It is pleasing when I praise God for the glory of His creation and when I meditate on His Word and desire to be pure and blameless before Him.

As you answer these questions and read the surrounding verses, you'll find the context of the verse and learn the deeper meaning of the text.

### 5. Read repeatedly and/or memorize the verse or passage.

Read repeatedly and/or memorize the passage to internalize its message. Sometimes, it helps to read it in different translations and ponder or meditate on what it means to understand it deeply.

### 6. Apply God's Word to your life.

Pray for guidance from the Holy Spirit on how to apply the passage or verse to your life. As you meditate on Scripture, let it saturate your being and renew your mind.

*"As you read, pause frequently to meditate on the meaning of what you are reading. Absorb the Word into your system by dwelling on it, pondering it, going over it again and again in your mind, considering it from many different angles, until it becomes part of you."*

*Quote: Nancy Leigh DeMoss*

## II. Prayer ~ The Heart of Your Conversation with God

The next section of this lesson will focus on prayer and provide ideas for praying to enhance your relationship with the Lord. *"May the words of my mouth. . ."* (Psalm 19:14)

### Types of Prayer

#### 1. Conversational Prayer

In conversational prayer, you pray back the Words God spoke to you in your reading. Don't be afraid to pray to God in conversation about what you read. This is how a relationship develops and grows. God speaks to you from His Word, and you can speak back to Him, talking to Him about what you just read. This is the Heart of God in prayer.

For example, after meditating on Psalm 19:14, one application I applied from this verse was to personalize God's names in my prayers. When I pray back Psalm 19:14, I might start with: "God, you are my Lord, you are my Rock, you are my Redeemer . . ."



#### 2. Paul's Prayers

Paul's prayers are excellent examples of prayers you can pray for yourself, your friends, and your loved ones. Interestingly, when Paul prayed for others, he primarily prayed about their spiritual needs and not their physical needs. Think of your prayer life. Is it a list of physical requests (health, finances, jobs, relationship problems, etc.)? Or do you pray for spiritual concerns as the foundation for physical needs?

When you pray these prayers for yourself or others, you ask God to help you (or others) to grow spiritually in Christ through whatever you or they are going through. The following prayers are examples of how you can pray for yourself, a friend, or loved ones using Paul's prayers.

**These are NOT prescriptive.** You can either pray Paul's prayers word-for-word in whatever translation you like, or you can use your own words as you talk to God and pray for yourself and others.



#### A. Colossians 1:9-11: Paul's Prayer for Knowledge of God's Will

The following is an example of rewording Paul's prayer for a friend.

##### NIV Translation

*<sup>9</sup> We continually ask God to fill you with the knowledge of His will through all the wisdom and understanding that the Spirit gives, <sup>10</sup> so that you may live a life worthy of the Lord and please Him in every way:*

*bearing fruit in every good work, growing in the knowledge of God, <sup>11</sup> being strengthened with all power according to his glorious might so that you may have great endurance and patience. . .*

##### Paul's Prayer Reworded

**PRAYER:** Father God, I pray that \_\_\_\_\_ will understand Your will for her life. I pray that the Spirit will give her wisdom and understanding to walk in a way that will please and honor You.

I pray she bears the fruit of the Spirit as she grows to know You better. I pray that Your Holy Spirit will strengthen her with power so she will have patience and endurance in all she encounters in her current circumstances. In Christ's name, Amen.

## B. Philippians 1:9-11 ~ Paul's Prayer for Love and Discernment

This is a prayer that I like to pray for my grandchildren as they learn to walk with the Lord or for others who are new to the faith. I changed the pronouns from "you" to "he" and used the Living Bible Translation.

### Living Bible Translation

<sup>9</sup> *My prayer for you is that you will overflow more and more with love for others, and at the same time keep on growing in spiritual knowledge and insight,*

<sup>10</sup> *for I want you always to see clearly the difference between right and wrong, and to be inwardly clean, no one being able to criticize you from now until our Lord returns.*

<sup>11</sup> *May you always be doing those good, kind things that show you are a child of God, for this will bring much praise and glory to the Lord.*

### Changes in Bold

**PRAYER: Father, God, I pray for my grandson, that he** will overflow more and more with love for others, and at the same time keep on growing in spiritual knowledge and insight,

<sup>10</sup> for I want **him** always to see clearly the difference between right and wrong, and to be inwardly clean, no one being able to criticize **him** from now until our Lord returns.

<sup>11</sup> May **he** always be doing those good, kind things that show **he** is a child of God, for this will bring much praise and glory to **You, Lord.**

## C. EPHESIANS 3:14-20 ~ Paul's Prayer for Spiritual Strength

I love to pray this prayer for those struggling so they may find their strength through the power of the Holy Spirit and their faith in Christ as they grasp His love for them and grow to know God better. The following example is for a couple facing troubled times. I organized it around the Trinity. I rephrased these verses from the NKJV translation.

### NKJV Translation

<sup>14</sup> . . . I bow my knees to the Father of our Lord Jesus Christ. . .

<sup>16</sup> that He would grant you, according to the riches of His glory, to be strengthened with might through His Spirit in the inner man,

<sup>17</sup> that Christ may dwell in your hearts through faith; that you, being rooted and grounded in love, <sup>18</sup> may be able to comprehend with all the saints what is the width and length and depth and height—

<sup>19</sup> to know the love of Christ which passes knowledge; that you may be filled with all the fullness of God. . .

### Paul's Prayer Reworded

**Prayer:** Heavenly Father, I bow before You, and I pray that You would grant \_\_\_\_\_ and \_\_\_\_\_

**Holy Spirit:** according to the riches of Your glory, to be strengthened with might through Your Holy Spirit Who lives in them.

**Jesus Christ:** I pray that Christ would dwell in their hearts and that they would learn to trust in Him during these difficult times. I pray that they will know the depths of the love of Christ, which surpasses all understanding.

**God the Father:** I pray that they may be filled with all the fullness of You and know You more and more each day as they walk with You. In Christ's name, Amen.

### 3. Prayer Model: ACTS

#### Adoration ~ Confession ~ Thanksgiving ~ Supplication

**A = ADORATION:** Meditate and Praise God for all He is!

- **God is Eternal. He has no beginning and no end.**
  - Psalm 90:2 ~ *Before the mountains were brought forth, or ever You had formed the earth and the world, even from everlasting to everlasting, You are God.*
- **God is Immutable. He does not change.**
  - James 1:17 ~ *Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning.*
- **God is Sovereign. He is the Supreme Ruler of the universe.**
  - Psalm 83:18 ~ *That they may know that You, whose name alone is the Lord, are the Most High over all the earth.*
- **God is Omnipresent. He is everywhere at all times.**
  - Proverbs 15:3 ~ *The eyes of the LORD are in every place, keeping watch on the evil and the good.*
- **God is Omniscient. He knows all things.**
  - Isaiah 55:8-9 ~ *"For My thoughts are not your thoughts, Nor are your ways My ways," says the Lord. "For as the heavens are higher than the earth, So are My ways higher than your ways, And My thoughts than your thoughts."*
- **God is Omnipotent. He is all-powerful.**
  - Jeremiah 32:17 ~ *Ah, Lord God! Behold, You have made the heavens and the earth by Your great power and outstretched arm. There is nothing too hard for You.*
- **God is Righteous. God is perfectly just in everything He does.**
  - Psalms 145:17 ~ *The LORD is righteous in all His ways. Gracious in all His works.*
- **God is Love. He is the source of all love.**
  - Romans 5:8 ~ *But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us.*

**C = CONFESSION:** Confess your sins (Psalm 139:23-24; 1 John 1:9).

**T = THANKSGIVING:** Thank God for all He has done, is doing, and will do in your life (1 Thess 5:18).

**S = SUPPLICATION:** Present your requests to God (Phil 4:6).

#### Conclusion

Prayer and meditation on God's Word are vital to your relationship with the Lord. Remember that God's Word is the Heart of His Conversation with you, and prayer is the heart of your conversation with God.

