

# Pray the Bible

## Session #3: Praying the Psalms with Kevin P. Halloran

### Message Outline

What Are the Psalms?

Using the Psalms for Prayer

Suggestion #1: Understand the Genre of Poetry

Suggestion #2: Understand the Various Audiences of a Psalm

1. The Original Audience
2. God's People
3. Christ

Suggestion #3: Understand How You Can Use a Psalm for Prayer

1. Use the Psalms to Warm Up Your Heart
2. Pray the Psalms Verbatim
3. Learn from the Various Structures of the Psalms
4. Treat the Psalms like an Apple Tree
5. Treat the Psalms like a Christmas Tree

### Discussion Questions

1. If you've used the Psalms for prayer, what has your experience been like?
  
2. John Calvin called the Psalms 'an anatomy of all the parts of the soul.' How does the range of raw emotions in the Psalms change your view of God? Your view of prayer?

Exercise #1: Read Psalm 2 and then pray it any way you'd like.

- In one sentence, what is psalm about?
- What is the tone/emotion of the psalm?
- For what situations may the psalm prove helpful?
- How did praying the Psalm help you?

Exercise #2: Read Psalm 32 and then pray it any way you'd like.

- In one sentence, what is psalm about?
- What is the tone/emotion of the psalm?
- For what situations may the psalm prove helpful?
- How did praying the Psalm help you?