

FOLLOW THE LEADER

UTILIZING PSALM 22 AS A PATTERN FOR PRAYER

A powerful Bible Interaction Tool Exercise (B.I.T.E.) is to use a Psalm as the content of your prayers or as a pattern for prayer. On Episode 108 of the *More Than a Song Podcast*, we used Aaron Shust's song, "Ever Be," as a catalyst to discover Psalm 22. In Psalm 22 we identify a very powerful pattern for prayer that becomes even more meaningful when we recognize much of the Psalm is reflected the death of our Savior.

Use the prompts below to write out your own prayer to God using the pattern of Psalm 22.

Declare what you're feeling. (Psalm 22:1-2)

Use gut wrenching honesty

Declare who God is. (Psalm 22:3-5)

As defined by Scripture, not your circumstances

Declare what you're feeling. (Psalm 22:6-8)

Surely you haven't said it all yet!

Declare who God is. (Psalm 22:9-10)

Plea to God. (Psalm 22:11)

Recap your circumstances. (Psalm 22:12-18)

Be raw and real.

Make a specific request. (Psalm 22:19-21)

It can be a list! Sprinkle in some declarations about Who God is!

Assert your part. (Psalm 22:22-24)

What steps of obedience are you willing to take?

Reaffirm that your feelings nor your circumstances define the character of God. (Psalm 22:24)

Proclaim Psalm 22:25... God, from You comes the theme of my praise!