

PRAYER & MEDITATION

Season One: The Pentateuch

This year HBC is providing a guide for meditation and prayer. Whether you are reading through the Bible in 2024 or using something else, this handout will help focus your attention and prayers on specific scriptures and truths.

Read on the week of:

Jan 1: Genesis 1-3, John 1: 1-5

Jan 7: Job 38-39

Jan 14: Genesis 12: 1-9; 15, 17: 1-21

Jan 21: Genesis 22: 1 - 18

Jan 28: Exodus 12: 1-32, 15: 1-18

Feb 4: Exodus 33:12 - 34: 28

Feb 11: Leviticus 16, Hebrews 9: 11-28

Feb 18: Leviticus 20: 22-26, I Peter 1:13-21

Feb 25: Numbers 14, Psalm 90

Mar 3: Deuteronomy 6-7, I Peter 2: 9-12

Mar 10: Deuteronomy 10:12 - 12:14

*The word feedeth meditation, and meditation feedeth prayer. . .
Meditation must follow hearing and precede prayer. . . What we
take in by the word we digest by meditation and let out by prayer.*

-Thomas Manton

Let us then with confidence draw near to the throne of grace, that we may receive mercy and find grace to help in time of need –Heb 4:16

Draw near to the throne of grace

- **Posture yourself with the supplications of Psalm 119.**
 - Ask the Lord to... “Open my eyes,” “Give me life,” “Make me understand,” “Teach me,” “Enlarge my heart,” etc.

Receive mercy and find grace

Take time to thoughtfully read and reflect on the truth of each scripture

- **Engage the Word, taking time to pause & ponder the glories revealed.**
 - Repeatedly read the passage, emphasizing different aspects of the text.
 - Write the verses slowly.
- **Meditate by thinking through the following questions.**

As recommended by Tim Keller

- What does this text show me about God for which I should praise or thank him?
- What does the text show me about my sin that I should confess and repent of? What false attitude, behavior, emotions, or idols come alive in me whenever I forget this truth?
- What does the text show me about a need that I have? What do I need to do or become in light of this? How shall I petition God for it?
- How is Jesus Christ or the grace that I have in him crucial to helping me overcome the sin I have confessed or to answering the need I have?
- How would this change my life if I took it seriously-----if this truth were fully alive and effective in my inward being? Also, why might God be showing this to me now? What is going on in my life that he would be bringing this to my attention today?

Pray with confidence

- Pray the text. Allow scripture to be your guide that leads to adoration and thanksgiving, confession and repentance, petition and intercession.
- “Preach to yourself.” Take the truth in hand and counsel your own heart.
- Pray to receive help for needs and pressing concerns.
- Take a moment to enjoy him and his presence.