

## Praying ALL the Psalms – Righteousness 5.5.26

### SESSION 1: How to Pray Righteousness Psalms

#### \*Recap:

What is 'righteousness' in the Psalms?

Allegiance – God's team or not?

Team Righteous: 'I trust in the Lord, and so I strive to do good.'

Right standing with God grows right behaviour

We pray together with Christ, and with his family.

#### \*Praying Righteousness Psalms: How?

##### **1. READ:**

Does this psalm...

- **celebrate our faithfulness?** (God's work in us)

*Psalm 18:20-27*

- **plead for justice in a situation?**

*Psalms 7 and 17:1-9*

- **express godly intentions?**

*Psalm 119:57-64, 166-168*

- **declare our allegiance?** (like a creed)

*Psalms 15 and 37*

## **2. THINK:**

What situation?

Who to pray for?

## **3. PRAY:**

### **Psalm 26:1-7**

*Verses 1-3* A plea for vindication (justice)

*Verses 4-7* Declaring our allegiance to God

Pray the psalm for your situation, before God

Personalise the psalm to a particular situation

### **\*Praying in small groups**

**READ Psalm 15**, then discuss: What is the psalm-writer doing here?  
(Celebrating faithfulness? Pleading for justice? Expressing godly intentions?  
Declaring allegiance to God?)

**THINK** *What situation* could this be prayed for? *Who* could I pray it for – myself? Someone else? For the wider Christian church?

**PRAY together:** Remember you can pray the exact words, or you can personalise the psalm as you go.

Try praying verses 1-3 first... then pray verses 4-5...

If you have time, use this process again to pray **Psalm 18:20-27**.

## **SESSION 2: Praying Righteousness Psalms through Four Lenses**

We always pray trusting in Jesus! Because we're united to his righteous Son, our Father hears his children's prayers for Jesus' sake.

**\*Another way to pray psalms: four different 'lenses'**

**Rejoice**

**Repent**

**Request**

**Resolve**

**Pray Psalm 17:1-9 in small groups:**

Read Psalm 17:1-9

Looking through these verses, discuss the following questions *from this psalm*:

1. What can we rejoice over? Then pray.
2. What might we need to repent of? Then pray.
3. What do we want to request of God? Then pray.
4. What should we resolve to do now? Then pray.

Practise, and enjoy praying the Psalms!

Praying righteousness psalms teaches us to love what God loves, trusting in Jesus who makes us right with God, and responding to his Spirit in living rightly for him.

**BOOKMARK:****Praying Righteousness Psalms****\* READ:**

Does this psalm...

- **celebrate our faithfulness?** (God's work in us)

*Psalm 18:20-27*

- **plead for justice in a situation?**

*Psalms 7 and 17:1-9*

- **express godly intentions?**

*Psalm 119:57-64, 166-168*

- **declare our allegiance?** (like a creed)

*Psalms 15 and 37*

**\*THINK:**

What situation? Who to pray for?

**\*PRAY:**

Trusting in Jesus! You might:

**Rejoice**

**Repent**

**Request**

**Resolve**