Excerpted from "The Bible Way to Prayer" by Mary Kathleen Glavich, SND

PRAYERS FROM THE BIBLE

There are three ways to personalize scripture:

1. Substitute "I" and "me" for other pronouns:

   I Thessalonians 5:9-10 – *For God has destined me not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for me, so that whether I am awake or asleep I may live with him.*

   Matthew 22:37 – *I shall love the Lord, my God, with all my heart and with all my soul, and with all my mind.*

2. Substitute your name for a pronoun in the verse:

   Ephesians 1:3-14 – *Blessed be the God and Father of our Lord Jesus Christ, who has blessed Ginger in Christ with every spiritual blessings in the heavenly places, just as he chose Ginger in Christ before the foundation of the world to be holy and blameless before him in love. He destined Ginger for adoption as his child through Jesus Christ.*

3. Insert your name periodically:

   Luke 9:23,25 – *If you, Rosemary, want to be a follower of mine, renounce yourself, take up your cross every day, and follow me…What gain is it, Rosemary, for you to have won the whole world and to have lost or ruined your very self?*

Personalize questions that Jesus asked others:

Do you want to be made well? (John 5:6)
Why are you afraid, you of little faith? (Matt 8:26)
Do you wish to go away? (John 6:67)
What do you want me to do for you? (Luke 18:41)
Those who believe in me, even though they die, will live…Do you believe this? (John 11:25-26)
Do you love me? (John 21:16)

Listen for God's birthday message to you in that day's readings.

Mine comes from Revelations 7:3 and Psalm 54:9 -
You are sealed as a servant of God. You love to do my will and my law is deep in your heart.

Mottos: A scripture verse you would like to adopt as motto for your life –
"*My joy lies in being close to God*" (Psalm 73:28) Letter it on a card and keep it where you will see it.

Personalize passages - Look up:

i. Isaiah 43:1b-5 (Substitute your name for "you" and adjust the verbs).
ii. Romans 12:9-21 (insert your name)
iii. I Peter 1:6-9 (Change "you" to "I"; change "him" to "you" to make this a prayer).

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Ready-Made Prayers and Blessings

Psalms are full of human emotions that can be used as prayers. My favorite Psalm is 62: *For God alone my soul in silence waits… He alone is my rock and my salvation…In God is my safety and my honor…Put your trust in him always…Pour out your hearts before him, for God is our refuge.* Do you have a favorite?

Words other people said to Jesus that we can adopt as one-liners:

i. *Lord, save me!* (Peter in Matthew 14:30)
ii. *I believe, help my unbelief.* (father of the possessed boy in Mark 9:24)
iii. *Increase our faith.* (The apostles in Luke 17:5)
iv. *Lord, help me.* (The Canaanite woman in Matthew 15:25)
v. *My Lord and my God!* (Thomas in John 20:28)

Repeat prayers that Jesus said:

i. *Abba.* (John17:1)
ii. *My Father, if it is possible, let this cup pass from me; yet not what I want but what you want.* (Matthew 26:39)
iii. *Father, forgive them; for they do not know what they are doing.* (Luke 23:33)

Appropriate prayers of other Bible figures:

i. *Speak Lord, for your servant is listening.* (The boy Samuel in 1 Samuel 3:10)
ii. *Here I am, send me!* (Isaiah in Isaiah 6:8)
iii. *Our Lord, come!* (Paul in 1 Cor. 16:22)

Prayers for special occasions

Before beginning the Thanksgiving feast pray Philippians 4:4-7
On Christmas Eve, gather the family to read Luke 2:1-20.
Meal prayers –for variety, pray the Our Father or include another Scripture readings:

i. Exodus 16:13-15 (manna)
ii. I Kings 19:1-8 (Elijah)
iii. Proverbs 9:1-6 (Wisdom's banquet)
iv. Psalm 111 (God gives food)
v. Mark 8:1-9 (the feeding of the 4,000)

As a night prayer, pray Psalm 91
Wedding anniversary or Valentine's Day, pray 1 Cor.13:1-13
Before going to confession, pray parts of Psalm 51 or Luke 15:1-7
For a birthday, pray Psalm 139

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Mantras – short verses to repeat over and over. St. Philip Neri observed, "It is an old custom of the servants of God to have some little prayer ready and to be frequently darting them up to Heaven during the day, lifting their minds to God out of the mire of this world. He who adopts this plan will get great fruits with little pains."

Mantras have become popular through the chants of the monks of Taize. *"Ubi caritas et amor, ubi caritas Deus ibi est."* (Where charity and love are, God is). It gets repeated over and over.

According to Revelations, even now the saints are praying a mantra. Day and night they sing, *"Holy, holy, holy."*

The Psalms are a gold-mine of one–line prayers:

O God, you are my God, I seek you. (Psalm 63:1)
Be not far from me, for trouble is near. (Psalm 22:11)
I will give thanks to you, O Lord, with my whole heart. (Psalm 138:1)

Other scriptural mantras:

I am the clay, O God, and you are the potter. (Isaiah 64:8)
My soul magnifies the Lord, and my spirit rejoices in God my savior. (Luke 1:47)
I stand in awe, O Lord, of your work. (Habakkuk 3:2)

Reverse mantras where God is talking to us.

I have called by name, you are mine. (Isaiah 43:1)
Do not be afraid. (Matthew 28:5)
I am with you always. (Matthew 28:20)
My grace is sufficient for you. (2 Corinthians 12:9)

God speaks to us in stillness and silence. Our encounters with God will make a difference in us. In time, we will reflect the Word that we have taken into our hearts.

May we be able to pray with the prophet Jeremiah, *"Lord, when I found your words, I devoured them. They became my joy and the happiness of my heart."* (Jeremiah 15:16)

For more information, I highly recommend the book, *The Bible Way to Prayer*, which is published by **Twenty-Third Publications,** *ISBN 1-58595-108-0*. It is available at your local religious bookstore or through the publishers at www.twentythirdpublications.com. The author goes into other areas of prayer such as lectio divina and tricks to memorize the order of the epistles in the Bible, to name a few.