



## CELL GUIDE

---

TOPIC	Pray the Word	SPEAKER	Pastor Daniel Foo
THEME	Walk in Wisdom	DATE	13 & 14 June 2026

---

# MESSAGE SUMMARY

## INTRODUCTION

There are many ways to relate to God like singing and worship, but today the focus is on one thing we can all do - prayer.

God's desire is for us to always pray His will (1 John 5:14-15), which can be found in the Word (John 15:7). If we abide in Him - spend time with Him, have a relationship with Him - His words will abide in us. This will help us to remember His words and which will motivate, teach, and prompt us to pray accordingly. We need to understand the principles behind the Word and use them in our prayers.

## PRAY THE WORD: THE 3 PRINCIPLES

To build a strong Word-life, there are three key principles: **revelation, meditation, and confession**. This is taken from the main passage of Ps 39:3: the presence of fire indicates illumination, and thus **revelation**. As you **meditate** and ponder the words, you fan the flame to make it bigger and brighter. Then you speak with your tongue - a verbal **confession** which must be biblical and God-centered. Similarly for the other key passage of Jer 15:16, which leads to joy and rejoicing of the heart.

**Revelation** refers to the ways God reveals His word. This could include insights, downloads, illumination, inward witness, spiritual understanding, correct interpretation, and hearing of faith. This revelation helps to grow our faith and develop our belief system correctly.

To **meditate** means the active use of our mind. It means to contemplate, to ponder, to deliberately think and feel in sensitivity to the Holy Spirit.

**Confession** is the principle of believing and speaking. It is every verbal activity that speaks of the Word of God, for example in prayer, thanksgiving, worship, praise, or spiritual songs. In a similar verse, from our strong Word-life, we develop our spirit of faith to believe what we read and confess it boldly in prayer and life (2 Cor 4:13). And this is important because there is power in the tongue (Prov 18:21).

Relationships take intentionality, time, effort, and energy to build. We have to be deliberate and intentional in spending time with God, so we need to be intentional on the details of prayer. We need to learn to pray, in this journey of faith.

## PRAYER MEDITATIONS

Ps Daniel Foo walks us through two examples of prayer meditation based on two sets of scripture.

Ps 103:1-5:

- V1: Praise God using a name that you know. This is one step above thanksgiving as we are focusing on the characteristics of God. Refer to Ps 23:1-5 for examples of His names.
- V2: List specific blessings you've received and give thanks and praise to God.
- V3a: Confess specific wrongs you've done and receive forgiveness, cleansing, and covering (cf. 1 John 1:9)
- V3b: Thank God for healing, health, and well-being.
- V4a: Thank God for protection from any accidents and mishaps - both physical and spiritual, both known and unknown (Matt 5:44) and ask for a hedge of protection and of thorns (Job 1:10)
- V4b: Thank God for the more abundant life, recalling His lovingkindness and tender mercies
- V5: Thank God for the ability to enjoy and be satisfied. Declare strength, energy, vitality, and zest to live (Isa 1:19, Ps 81:16, Ps 63:5)

Col 1:9-11: Paul's prayer is for us to walk worthy, fruitful, and strengthened in God's will

- V9a: Pray unceasingly (1 Thes 5:17, Eph 1:16, Rom 1:9) - which means the continual connection with God. Make mention of others in your prayers, highlight specific needs if you are aware of them.
- V9b: Pray for wisdom, which means **knowing God's will** in the Bible, then understanding it, and finally applying it (Eph 5:17).
- V10a: **Walk worthy of God**, knowing His calling in our lives. God's calling is embedded in our roles and responsibilities, for example to be salt and light in our families or workplaces. Who are you inspiring and impacting, directing towards God?
- V10b: **Please God in every way**; be wholehearted, not lukewarm. Take steps to nurture our relationship with God. Ask Him to first reveal His ways to us (Exo 33:13) so that we can fully align with His ways and thoughts that are higher than ours (Isa 55:8-9).
- V10c: **Bear fruit through good works** (Eph 2:10, Titus 2:14), be a blessing to others.
- V10d: **Grow and increase in the knowledge of God** (2 Pet 3:18, 1:3-4). Think about how you can experience God and His promises. Are there aspects of God you have yet to experience? When you experience God, you will form faith convictions.
- V11: **Be strengthened by the Holy Spirit with power for endurance and perseverance** (Eph 5:18). Pray for the Holy Spirit to enable and carry you through the storms of life. He is the power source of our lives, our work, and our ministry. Rely only on Him.

## CONCLUSION

Be encouraged to use the Bible to pray. Weave the principles into your prayers, memorise the verses, use them in your daily life. Build a repository of verses you can use, starting with the two examples today and adding on others like Ps 23, Ps 27, and Ps 121. By developing a strong Word-life, we can nurture our spiritual life and growth.

# QUESTIONS

1. Think about a deep, thriving relationship in your life (a spouse, a best friend, a mentor). What kind of intentionality, time, and energy does it take to maintain it? How does that compare to the intentionality we bring to our relationship with God through prayer?

2. Pastor Daniel warned that if we don't have a clear understanding of the Word, we will misunderstand God, and then misrepresent God to ourselves or others. In what ways does grounding our prayers in Scripture protect us from building ungodly beliefs, harboring baggage, or creating "idols in our hearts"?

3. In the breakdown of Psalm 103:1-5, we are challenged to move from general thanksgiving to specific praise, focusing on God's names, character, and exact blessings. Take a moment to look at verses 1-5. Choose one of those verses (e.g., protection, healing, or renewed strength) and write out a brief, personalized scriptural prayer you can use every morning this upcoming week.