



## Two sets of Scriptures for Prayer Meditation:

Scripture 1: Psalm 103:1-5 (NKJV)	Prayer Meditation
<p><b>1</b> Bless the Lord, O my soul; and all that is within me, bless <b>His holy name!</b></p>	<ul style="list-style-type: none"> <li>• Praise the Name of God that you (Hebrews 13:15)</li> </ul>
<p><b>2</b> Bless the Lord, O my soul, and forget not all His <b>benefits (blessings/grace):</b></p>	<ul style="list-style-type: none"> <li>• List the <b>specific blessings</b> you've received in the past one week/month/quarter/year and give thanks, and praise to God</li> </ul>
<p><b>3a</b> Who forgives all your <b>iniquities (transgression/sins)</b></p>	<ul style="list-style-type: none"> <li>• 1 John 1:9: confess specific wrongs you've done</li> <li>• Receive: forgiveness, cleansing, covering</li> </ul>
<p><b>3b</b> Who <b>heals all your diseases,</b></p>	<ul style="list-style-type: none"> <li>• Thank God for healing, health and well-being</li> </ul>
<p><b>4a</b> Who redeems your life from <b>destruction (pit),</b></p>	<ul style="list-style-type: none"> <li>• Thank God for <b>protection</b> from accidents, mishaps, scams ...</li> </ul>
<p><b>4b</b> Who crowns you with <b>lovingkindness and tender mercies,</b></p>	<ul style="list-style-type: none"> <li>• Thank God for the more abundant life</li> <li>• Recall His lovingkindness and tender mercies</li> </ul>

<p><b>5</b> Who <b>satisfies your mouth with good things</b>, so that your <b>youth is renewed like the eagle's</b>.</p>	<ul style="list-style-type: none"> <li>• Thank God for the ability to eat and drink—to enjoy</li> <li>• Declare strength, energy, vitality and zest to live</li> </ul>
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<p><b>Scripture 2: Colossians 1:9-11 (NKJV)</b></p>	<p><b>How often do we pray?</b></p>
<p><b>9</b> For this reason we also, since the day we heard it, <b>do not cease</b> to pray for you,</p>	<p>1 Thessalonians 5:17</p> <p>Ephesians 1:16</p> <p>Romans 1:9</p> <p>Colossians 1:3</p> <p>1 Thessalonians 1:2</p> <p>2 Thessalonians 1:3</p> <p>Philemon 1:4</p>
<p><b>9</b> ... and to ask that you may be <b>filled with the knowledge of His will in all wisdom and spiritual understanding;</b></p>	<p><b>Knowledge-Understanding-Wisdom</b></p> <p>Ephesians 5:17</p>
<p><b>10</b> that you <b>may walk worthy of the Lord,</b></p>	<p><b>Walk worthy of the calling:</b></p> <ul style="list-style-type: none"> <li>• What is God's calling in your life?</li> <li>• Am I fulfilling God's purpose/call for me?</li> </ul>

<p><b>10</b> that you may walk worthy of the Lord, <b>fully pleasing Him</b>, being fruitful in every good work and increasing in the knowledge of God;</p>	<p><b>Please God in every way</b> Isaiah 55:8-9</p> <p>Exodus 33:13</p> <p>Psalm 103:7</p>
<p><b>10</b> that you may walk worthy of the Lord, fully pleasing Him, <b>being (bearing) fruitful in every good work</b> and increasing in the knowledge of God;</p>	<p><b>Please God in every way</b> Ephesians 2:10</p> <p>Titus 2:14</p>
<p><b>10</b> that you may walk worthy of the Lord, fully pleasing Him, being (bearing) fruitful in every good work and <b>increasing in the knowledge of God;</b></p>	<p><b>Grow and increase in the knowledge of God</b> 2 Peter 3:18</p> <p>2 Peter 1:3-4</p>
<p><b>11 strengthened with all might</b>, according to His glorious power, for all patience and longsuffering with joy.</p> <p><b>Knowing God's Will?</b></p> <ul style="list-style-type: none"> <li>• Spiritual <b>Knowledge</b></li> <li>• Spiritual <b>Understanding</b></li> <li>• Spiritual <b>Wisdom</b></li> </ul>	<p><b>Strengthened by the Holy Spirit with power for endurance-perseverance</b></p> <ul style="list-style-type: none"> <li>• Live a life worthy of God</li> <li>• Please God in every way.</li> <li>• Be fruitful in every good work.</li> <li>• Grow in the knowledge of God.</li> <li>• Empowered with endurance and strengthened to finish well.</li> </ul>