



Study Guide for Donald S. Whitney's *Praying the Bible*

Appendix 1: "Psalms of the Day" Chart:

-Start praying one of the Psalms available on the given date in the chart every day even though we haven't gone through the book yet. This will help us assess the method as we go.

Chapter 1: The Problem:

Scripture: Psalm 14

Questions for Reflection and Discussion:

1. Describe your prayer life at current. How has it changed in the last year? What have been the most effective helps to improving your prayer life?
2. What specific barriers and struggles do you have with being more consistent in prayer?
3. What impact should the Holy Spirit have on your prayer life?
4. What do you normally pray for?

Chapter 2: The Solution:

Scripture: Psalm 51

Questions for Reflection and Discussion:

1. What experience do you have with praying the Bible?
2. What are some ways in which you can use this along with your devotional reading and/or preparation for worship?
3. Which texts or kinds of texts might be more difficult to pray? What role can imagination play in praying difficult texts?
4. Why are the Psalms a great place to start praying the Bible? Do any Psalms stand out to you to help get you started?

Chapter 3-4: The Method / More About the Method:

Scripture: Psalm 88

Questions for Reflection and Discussion:

1. Describe Whitney's proposed method. How can you tailor it to your needs?
2. How might this method of praying the Bible improve your meditation on Scripture?
3. How strict should you be with interpretation when praying the Bible?
4. How can we pray imprecatory Psalms?

Chapter 5-6: Praying the Psalms / Praying Other Parts of the Bible:

Scripture: Psalm 4

Questions for Reflection and Discussion:

1. What has been your experience with using Appendix 1: “Psalms of the Day” Chart for prayer? How has it affected your normal struggles with prayer?
2. What role does Christ play in your praying of the Psalms?
3. Select 5 New Testament passages that would be helpful for you to pray regularly to grow in maturity. Why did you select these passages?
4. How can we pray narrative passages?

