

## **Prayer & Meditation Guide**

*Oh God, I have tasted Thy goodness, and it has both satisfied me and made me thirsty for more. I am painfully conscious of my need of further grace. I am ashamed of my lack of desire. O God, the triune God, I want to want Thee; I long to be filled with longing; I thirst to be made more thirsty still. Show me Thy glory, I pray Thee, that so I may know Thee indeed. Begin in mercy a new work of love within, Say to my soul, "Rise up, my love, my fair one, and come away." Then give me grace to rise and follow Thee up from this misty lowland where I have wandered so long. In Jesus' name. Amen. – A.W. Tozer<sup>1</sup>*

### Prayer Plans<sup>2</sup>:

#### 30 Minutes:

- Prep & Lectio – 15 minutes
- Meditation – 5 minutes
- Affective & Contemplative – 5 minutes
- Kingdom Prayer – 5 minutes

#### One Hour:

- Prep & Lectio – 30 minutes
- Meditation – 15 minutes
- Affective & Contemplative – 10 minutes
- Kingdom Prayer – 5 minutes

#### Two Hours:

- Prep & Lectio – 60 minutes
- Meditation – 30 minutes
- Affective & Contemplative – 20 minutes
- Kingdom Prayer – 10 minutes

#### Three Hours:

- Prep & Lectio – 75 minutes
- Meditation – 45 minutes
- Affective & Contemplative – 40 minutes
- Kingdom Prayer – 20 minutes

#### Evening Prayer:

- Adoration Psalm
- Repentance Psalm
- Teaching Psalm
- Commitment

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<sup>1</sup> *The Pursuit of God* by AW Tozer, 20.

<sup>2</sup> Syllabus: *Preaching Christ in a Postmodern World* by Timothy Keller, 186.

## Preparation / Evocation

“There is almost universal agreement that prayer should be started by thinking over who it is you will be addressing”  
– Timothy Keller<sup>3</sup>

Pray an invocation verse<sup>4</sup>: Tells me about God’s presence, availability of fellowship or His desire for it.

*Psalm 16:8 “I have set the LORD always before me; because he is at my right hand, I shall not be shaken.”*

*Psalm 27:4 “One thing have I asked of the LORD, that will I seek after: that I may dwell in the house of the LORD all the days of my life, to gaze upon the beauty of the LORD and to inquire in his temple”*

*Psalm 40:16 “But may all who seek you rejoice and be glad in you; may those who love your salvation say continually, “Great is the LORD!”*

*Psalm 63:1-3 “O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water. <sup>2</sup> So I have looked upon you in the sanctuary, beholding your power and glory. <sup>3</sup> Because your steadfast love is better than life, my lips will praise you.”*

*Psalm 67:1 “May God be gracious to us and bless us and make his face to shine upon us,”*

*Psalm 84:5 “Blessed are those whose strength is in you, in whose heart are the highways to Zion.”*

*Psalm 103:22 Bless the LORD, O my soul, and forget not all his benefits,”*

*Matthew 11:28-30 “<sup>28</sup> Come to me, all who labor and are heavy laden, and I will give you rest. <sup>29</sup> Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy, and my burden is light.”*

### Recollection Thoughts:

- Become aware of God’s presence in the room.
- Remember his worth – that knowing Him now is more important than anything else that might distract or concern me.
- Repent of coming to God for any reason except His beauty.
- Give up small ambitions to be successful
- Ask to attend to him fully.
- Write distracting thoughts on a notepad.

Pray an illumination verse: Tells me about how God can enlighten/speak to me.

*Psalm 43:3 “Send out your light and your truth; let them lead me; let them bring me to your holy hill and to your dwelling!”*

*Ephesians 1:17-19 “<sup>17</sup> that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, <sup>18</sup> having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, <sup>19</sup> and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might”*

*Ephesians 3:18-19 “<sup>18</sup> [you] may have strength to comprehend with all the saints what is the breadth and length and height and depth, <sup>19</sup> and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.”*

*Revelation 3:20 “<sup>20</sup> Behold, I stand at the door and knock...I will come in to him and eat with him, and he with me.”*

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<sup>3</sup> Prayer by Timothy Keller, 248.

<sup>4</sup> Syllabus: *Preaching Christ in a Postmodern World* by Timothy Keller, 186. Everything above is from syllabus.

## Lectio / Reading

“Ask the text questions.” – Timothy Keller<sup>5</sup>

Goal: Understanding. To learn the basic teaching, but do it in God’s presence.<sup>6</sup>

- Observe: a) Longer texts. Outline the text and identify parts with titles. b) Shorter texts. Paraphrase and/or emphasize each word.
- Interpretation:
  - Original Author
    - Who was the author and why were they writing?
    - What was their flow of thought?
    - What genre (history, poetry, letter...) are they writing in?
  - Original Audience
    - Who was the original audience?
    - How would they interpret what they’re hearing?
    - How are they different culturally than us?
  - Eternal Author
    - What does this reveal about God?
    - How does this fit into the overall story of the Bible?
    - How does this point to the good news of Jesus Christ?
  - Eternal Audience
    - How does this reveal and heal my brokenness?
    - How does this apply to me?
    - What am I going to do about it?

Lectio Divina: Lectio Divina or “divine reading” ... refers to devoted study and consideration of a text of the scripture. Its goal is to personalize the word and to hear God speaking to you here and now. Lectio assumes you already understand the passage in a general way... Lectio ‘proper’ means to read it gently and slowly, aiming more at... weighing and tasting the truth as it goes by.”<sup>7</sup>

- Prepare: Be aware of his presence. Seek full attentiveness. Know he wants to connect.
- Read Slowly: When a thought or phrase or word captures your attention. You stop and dwell on it. Some things will resonate or strike you or surprise you. Slowly reread three to four times.<sup>8</sup>
- A good method: repeat the word(s) or phrase over and over internally or out loud. Staying with it till you’ve drained the new thought or sense you’ve just had. Then move on until another part engages you.
- Write: Rewrite passage. Rewrite in own words. Take notes on the passage.

Questions for Application<sup>9</sup>:

<u>Martin Luther</u>	<u>Howard Hendricks</u>	<u>Donald Whitney</u>
1. Is there any example for me to follow?	1. Is there an example for me to follow?	Does this reveal something...
2. Is there any command for me to obey?	2. Is there a sin to avoid?	1. ... about God?
3. Is there any error for me to avoid?	3. Is there a promise to claim?	2. ... I should praise or thank God for?
4. Is there any sin for me to forsake?	4. Is there a prayer to repeat?	3. ... about for myself or others?
5. Is there any promise for me to claim?	5. Is there a command to obey?	4. ... I should have a new attitude about?
6. Is there any new thought about God Himself?	6. Is there a condition to meet?	5. I should make a decision about? I should do for the sake of Christ, or myself?
	7. Is there a verse to memorize?	
	8. Is there an error to mark?	
	9. Is there a challenge to face?	

<sup>5</sup> Syllabus: *Preaching Christ in a Postmodern World* by Timothy Keller, 187.

<sup>6</sup> Ibid.

<sup>7</sup> Syllabus: *Preaching Christ in a Postmodern World* by Timothy Keller, 184.

<sup>8</sup> Syllabus: *Preaching Christ in a Postmodern World* by Timothy Keller, 187.

<sup>9</sup> Most of these questions are given for “meditation” but I put them here for “general application” of reading. Meditation will be more about engaging motives and emotions.

## Meditation

“Let the text ask you questions?” – Timothy Keller

*Psalm 1:2 “But his delight is in the law of the Lord, and on his law he meditates both day and night.”*

Goal: Illumination. To listen to the Lord.<sup>10</sup>

Description: “Meditation is thinking a truth *out* and then thinking a truth *in* until its ideas become “big” and “sweet,” moving and affecting, and until the reality of God is sensed upon the heart.”<sup>11</sup> “Now in meditation, we take the ‘radioactive’ phrases, texts and ideas and we now reflect on the truth deeply. The purpose is to bring the mind into contact with the heart so as to move into a deeper sense of God’s (and His truth’s) reality and presence. Meditation is not simply thinking, nor praying (see Psalm 103): It is descent of mind with truth into the inmost heart, until whole being yearns for God.”<sup>12</sup>

Practice<sup>13</sup>:

- Method #1: Choose 1-2 verse or sentences (from your lectio)
  - Go through, the text repeatedly, each time putting the vocal emphasis on a different word.
  - Ask: “How does this emphasis bring out another aspect of truth? What particular truth does this word bring out? What would be different if this word was missing?”
  - Ask: “Why is God showing me this today?”
- Method #2: ACTS. Choose 1-2 verse or sentences (from your lectio)
  - Adoration: How can I love or adore God for this? What do I see here that I can praise him for?
    - Visualize. How the world would be different if everyone saw this
    - Pray the truth back to Him.
    - Listen. Write down what seems to be a likely response to what you say
  - Confession: What wrong thoughts, feelings, behavior happen when this is forgotten? How am I failing to realize this in my life? What wrong behavior, emotions, false attitudes result in me when I forget he is like this or has done this?
    - Visualize. What would my life be like if this truth was explosively present in my life?
    - Confess the truth and repent.
    - Listen. Write down what seems to be a likely response to what you say
  - Thanksgiving: How is Jesus the ultimate revelation of this attribute and/or the ultimate answer to this sin? How is this sin being caused by an inordinate hope for some-one or something else to give me the satisfaction that only Jesus can really give?
    - Visualize. What is He really like if this is true?
    - Thank him that he is.
    - Listen. Write down what seems to be a likely response to what you say
  - Supplication: What can God do in me and through me? What do I need from God if I am to realize this truth in my life?
    - Ask Him for it.
    - Listen. Write down what seems to be a likely response to what you say

Transition<sup>14</sup>: “If the affecting experience (‘sweetness’) and insight experience (‘seeing’) proceeds, you are at the doorstep of contemplation. Simply sit quietly and enjoy God and what he has shown to you. Don’t ask – just admire and adore. If not proceed to repentance daily. At least once a week do this at length.”

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<sup>10</sup> Syllabus: *Preaching Christ in a Postmodern World* by Timothy Keller, 187.

<sup>11</sup> *Prayer* by Timothy Keller, 162.

<sup>12</sup> Syllabus: *Preaching Christ in a Postmodern World* by Timothy Keller, 185.

<sup>13</sup> Syllabus: *Preaching Christ in a Postmodern World* by Timothy Keller, 185, 187.

<sup>14</sup> *Ibid.*

## Oratio & Contemplative Prayer

*2 Samuel 7:27 “Lord Almighty, God of Israel, you have revealed this to your servant, saying, ‘I will build a house for you.’ So your servant has found courage to pray this prayer to you.”*

**Oratio Description**<sup>15</sup>: “While lectio is listening intently to God and Meditation is intently speaking to your own heart. Oratio is turning to God and speaking to Him about what you are leaning and hearing. Prayer after meditation is almost always more engaged at a deeper level of spiritual awareness. You begin with praying your meditations then you can proceed to kingdom prayer and petition for needs.”

Thomas Cranmer’s Prayer Structure.<sup>16</sup>

Format	Explanation	Example
The Address	A name of God	“Almighty God,”
The Doctrine	A truth about God’s nature that is the basis for the prayer	“unto whom all hearts are open, all desires known, and from whom no
The Petition	What is being asked for	“cleanse the thoughts of our hearts by the inspiration of thy Holy
The Aspiration	What good result will come if the request is granted	“that we may perfectly love thee, and worthily magnify thy holy
In Jesus’ name	This remembers the mediatorial role of Jesus	“through Jesus Christ our Lord, Amen.”

Free Prayer<sup>17</sup>: Pour out your heart in prayer. Balanced Prayer: Adoration, Confession, Thanksgiving, Supplication

### Contemplative Prayer<sup>18</sup>

*Romans 8:15b-16 “but you have received the Spirit of adoption as sons, by whom we cry ‘Abba! Father!’ The Spirit Himself bears witness with our spirit that we are children of God.”*

Description: “Usually, though not always, during Lectio, Meditatio or Oratio, there is an engaging and you begin to get a ‘sense on the heart’ of the cognitive truth(s) you are reflecting on. More moderate levels can be described as “sweetness” (Ah!) or illumination (Aha!) At more profound levels (there seem to be several) you experience what has been called ‘infused contemplation’ (‘Infused’ mean ‘given’ or ‘poured in’ from outside). General description: a) there is a sense of the reality of God’s presence. b) the soul becomes much more passive than active, receiving. c) the soul receives enormous assurance of belonging to God. d) it can be indescribable e) it may be physically affecting at times and f) it results in permanent changes in life. (Psalm 27:1, Romans 8:15-16). It is a gift... Your God is passing by. Just Gaze.

Teresa of Avila – Four Stages of Prayer

Stage 1	Prayer of Quiet	Mental Distractions recede	Ability to gaze
Stage 2	Prayer of Union	Desire for sin and other objects recede	Ability to rest
Stage 3	Prayer of Conforming Union	Spiritual ecstasy, but the ‘wound’ of beauty	
Stage 4	Prayer of Transforming Union	Spiritual ecstasy and the healing of the wound	

<sup>15</sup> Syllabus: *Preaching Christ in a Postmodern World* by Timothy Keller, 185.

<sup>16</sup> Thomas Cranmer was a sixteenth-century English Reformer and he wrote the *Book of Common Prayer*. Prayer by Timothy Keller, 198.

<sup>17</sup> Prayer by Timothy Keller, 250. Psalm 62:8 “Trust in him at all times, O people; pour out your heart before him...”

<sup>18</sup> Syllabus: *Preaching Christ in a Postmodern World* by Timothy Keller, 185.

## The Lord's Prayer & Ten Commandments

### The Lord's Prayer

*Our Father, which art in heaven,  
Hallowed be thy Name.  
Thy Kingdom come. Thy will be done in earth, As it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses, As we forgive them that trespass against us.  
And lead us not into temptation, But deliver us from evil.  
For thine is the kingdom, The power, and the glory, For ever and ever.  
Amen.*

### The Ten Commandments

- Martin Luther on praying the Ten Commandments: "I take one part after another and free myself as much as possible from distractions in order to pray. I divide each commandment into four parts, thereby fashioning a garland of four strands. That is, I think of each commandment as, first, instruction, which is really what it is intended to be, and consider what the Lord God demands of me so earnestly. Second, I turn it into a thanksgiving; third, a confession; and fourth, a prayer. I do so in thoughts or words such as these."<sup>19</sup>

1. *You shall have no other gods before Me.*
2. *You shall not make idols.*
3. *You shall not take the name of the LORD your God in vain.*
4. *Remember the Sabbath day, to keep it holy.*
5. *Honor your father and your mother.*
6. *You shall not murder.*
7. *You shall not commit adultery.*
8. *You shall not steal.*
9. *You shall not bear false witness against your neighbor.*
10. *You shall not covet.*

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<sup>19</sup> *A Simple Way to Pray* by Martin Luther

## Commanded To Feel

– “The chief end of man is to glorify God and enjoy Him forever.”  
Westminster Shorter Catechism

I am commanded to feel<sup>20</sup>...

- Joy
  - *Psalm 100:2* “Serve the LORD with gladness! Come into his presence with singing!”
  - *Philippians 4:4* “<sup>4</sup> Rejoice in the Lord always; again I will say, rejoice.”
  - *1 Thessalonians 5:16* “<sup>16</sup> Rejoice always,”
  - *Romans 12:12, 15* “<sup>12</sup> Rejoice in hope, be patient in tribulation, be constant in prayer... <sup>15</sup> Rejoice with those who rejoice, weep with those who weep.”
- Hope
  - *Psalm 42:5* “Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation.”
  - *1 Peter 1:13* “<sup>13</sup> Therefore, preparing your minds for action,<sup>[a]</sup> and being sober-minded, set your hope fully on the grace that will be brought to you at the revelation of Jesus Christ.
- Fear
  - *Luke 12:5* “<sup>5</sup> But I will warn you whom to fear: fear him who, after he has killed, has authority to cast into hell.<sup>[a]</sup> Yes, I tell you, fear him!
  - *Romans 11:20* “That is true. They were broken off because of their unbelief, but you stand fast through faith. So do not become proud, but fear.
  - *1 Peter 1:17* “<sup>17</sup> And if you call on him as Father who judges impartially according to each one's deeds, conduct yourselves with fear throughout the time of your exile,
- Peace
  - *Colossians 3:15* “And let the peace of Christ rule in your hearts, to which indeed you were called in one body. And be thankful.
- Zeal
  - *Romans 12:11* “Do not be slothful in zeal, be fervent in spirit,<sup>[a]</sup> serve the Lord.”
- Grief
  - *Romans 12:15* “Rejoice with those who rejoice, weep with those who weep.”
  - *James 4:9* “Be wretched and mourn and weep. Let your laughter be turned to mourning and your joy to gloom.
- Desire
  - *1 Peter 2:2* “Like newborn infants, long for the pure spiritual milk, that by it you may grow up into salvation”
- Tenderheartedness
  - *Ephesians 4:32* “Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.”
- Brokenness
  - *Psalm 51:17* “The sacrifices of God are a broken spirit; a broken and contrite heart, O God, you will not despise.”
- Gratitude
  - *Ephesians 5:20* “<sup>20</sup> giving thanks always and for everything to God the Father in the name of our Lord Jesus Christ,”
- Lowliness
  - *Philippians 2:3* “Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.”

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<sup>20</sup> List from *Desiring God* by John Piper, 300.

### **Prayer Verses for a Disciple Maker Heart**

*John 10:11-16 “11 I am the good shepherd. The good shepherd lays down his life for the sheep. 12 He who is a hired hand and not a shepherd, who does not own the sheep, sees the wolf coming and leaves the sheep and flees, and the wolf snatches them and scatters them. 13 He flees because he is a hired hand and cares nothing for the sheep. 14 I am the good shepherd. I know my own and my own know me, 15 just as the Father knows me and I know the Father; and I lay down my life for the sheep. 16 And I have other sheep that are not of this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd.”*

*John 15:12 “This is my commandment, that you love one another as I have loved you. 13 Greater love has no one than this, that someone lay down his life for his friends.*

*John 21:15 “15 When they had finished breakfast, Jesus said to Simon Peter, “Simon, son of John, do you love me more than these?” He said to him, “Yes, Lord; you know that I love you.” He said to him, “Feed my lambs.”*

*1 Corinthians 4:15 “15 For though you have countless guides in Christ, you do not have many fathers. For I became your father in Christ Jesus through the gospel.*

*Galatians 4:19 “my little children, for whom I am again in the anguish of childbirth until Christ is formed in you!*

*1 Thessalonians 2:7-8 “7 But we were gentle among you, like a nursing mother taking care of her own children.<sup>8</sup> So, being affectionately desirous of you, we were ready to share with you not only the gospel of God but also our own selves, because you had become very dear to us.*

*1 Thessalonians 2:19-20 “For who is our hope or joy or crown of exultation? Is it not even you, in the presence of our Lord Jesus at His second coming? For you are our glory and our joy.”*

*1 Thessalonians 3:5 “For this reason, when I could bear it no longer, I sent to learn about your faith, for fear that somehow the tempter had tempted you and our labor would be in vain.”*

*1 Thessalonians 3:8 “For now we truly live, if you are standing fast in the Lord.”*

*Philemon 1:10 “I appeal to you for my child, Onesimus, whose father I became in my imprisonment.*

*2 John 4 “I rejoiced greatly to find some of your children walking in the truth, just as we were commanded by the Father.*

*3 John 4 “I have no greater joy than to hear that my children are walking in the truth.*



### List of Paul's Prayers<sup>21</sup>

- Romans 1:8–10 8 First, I thank my God through Jesus Christ for all of you, because your faith is proclaimed in all the world. 9 For God is my witness, whom I serve with my spirit in the gospel of his Son, that without ceasing I mention you 10 always in my prayers, asking that somehow by God's will I may now at last succeed in coming to you.
- Romans 10:1 Brothers, my heart's desire and prayer to God for them is that they may be saved.
- Romans 12:12 Rejoice in hope, be patient in tribulation, be constant in prayer.
- Romans 15:5–6 5 May the God of endurance and encouragement grant you to live in such harmony with one another, in accord with Christ Jesus, 6 that together you may with one voice glorify the God and Father of our Lord Jesus Christ.
- Romans 15:13 May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.
- Romans 15:30–33 30 I appeal to you, brothers, by our Lord Jesus Christ and by the love of the Spirit, to strive together with me in your prayers to God on my behalf, 31 that I may be delivered from the unbelievers in Judea, and that my service for Jerusalem may be acceptable to the saints, 32 so that by God's will I may come to you with joy and be refreshed in your company. 33 May the God of peace be with you all. Amen.
- 1 Corinthians 1:4–9 4 I give thanks to my God always for you because of the grace of God that was given you in Christ Jesus, 5 that in every way you were enriched in him in all speech and all knowledge — 6 even as the testimony about Christ was confirmed among you— 7 so that you are not lacking in any gift, as you wait for the revealing of our Lord Jesus Christ, 8 who will sustain you to the end, guiltless in the day of our Lord Jesus Christ. 9 God is faithful, by whom you were called into the fellowship of his Son, Jesus Christ our Lord.
- 1 Corinthians 16:23 The grace of the Lord Jesus be with you.
- 2 Corinthians 1:3–7 3 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, 4 who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God. 5 For as we share abundantly in Christ's sufferings, so through Christ we share abundantly in comfort too. 6 If we are afflicted, it is for your comfort and salvation; and if we are comforted, it is for your comfort, which you experience when you patiently endure the same sufferings that we suffer. 7 Our hope for you is unshaken, for we know that as you share in our sufferings, you will also share in our comfort.
- 2 Corinthians 2:14–16 14 But thanks be to God, who in Christ always leads us in triumphal procession, and through us spreads the fragrance of the knowledge of him everywhere. 15 For we are the aroma of Christ to God among those who are being saved and among those who are perishing, 16 to one a fragrance from death to death, to the other a fragrance from life to life. Who is sufficient for these things?
- 2 Corinthians 9:12–15 12 For the ministry of this service is not only supplying the needs of the saints but is also overflowing in many thanksgivings to God. 13 By their approval of this service, they will glorify God because of your submission that comes from your confession of the gospel of Christ, and the generosity of your contribution for them and for all others, 14 while they long for you and pray for you, because of the surpassing grace of God upon you. 15 Thanks be to God for his inexpressible gift!

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<sup>21</sup> List from *A Call to Spiritual Reformation* by D.A. Carson

- 2 Corinthians 13:7–9 7 But we pray to God that you may not do wrong—not that we may appear to have met the test, but that you may do what is right, though we may seem to have failed. 8 For we cannot do anything against the truth, but only for the truth. 9 For we are glad when we are weak and you are strong. Your restoration is what we pray for.
- Galatians 6:18 The grace of our Lord Jesus Christ be with your spirit, brothers. Amen.
- Ephesians 1:3–5 3 Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, 4 even as he chose us in him before the foundation of the world, that we should be holy and blameless before him. In love 5 he predestined us for adoption as sons through Jesus Christ, according to the purpose of his will,
- Ephesians 1:15–23 15 For this reason, because I have heard of your faith in the Lord Jesus and your love toward all the saints, 16 I do not cease to give thanks for you, remembering you in my prayers, 17 that the God of our Lord Jesus Christ, the Father of glory, may give you the Spirit of wisdom and of revelation in the knowledge of him, 18 having the eyes of your hearts enlightened, that you may know what is the hope to which he has called you, what are the riches of his glorious inheritance in the saints, 19 and what is the immeasurable greatness of his power toward us who believe, according to the working of his great might 20 that he worked in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, 21 far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the one to come. 22 And he put all things under his feet and gave him as head over all things to the church, 23 which is his body, the fullness of him who fills all in all.
- Ephesians 3:14–21 14 For this reason I bow my knees before the Father, 15 from whom every family in heaven and on earth is named, 16 that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, 18 may have strength to comprehend with all the saints what is the breadth and length and height and depth, 19 and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. 20 Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, 21 to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.
- Ephesians 6:19–20 19 and also for me, that words may be given to me in opening my mouth boldly to proclaim the mystery of the gospel, 20 for which I am an ambassador in chains, that I may declare it boldly, as I ought to speak.
- Philippians 1:3–6 3 I thank my God in all my remembrance of you, 4 always in every prayer of mine for you all making my prayer with joy, 5 because of your partnership in the gospel from the first day until now. 6 And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.
- Philippians 1:9–11 9 And it is my prayer that your love may abound more and more, with knowledge and all discernment, 10 so that you may approve what is excellent, and so be pure and blameless for the day of Christ, 11 filled with the fruit of righteousness that comes through Jesus Christ, to the glory and praise of God.
- Philippians 4:6–7 6 do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.
- Philippians 4:23 The grace of the Lord Jesus Christ be with your spirit.

- Colossians 1:3–14 3 We always thank God, the Father of our Lord Jesus Christ, when we pray for you, 4 since we heard of your faith in Christ Jesus and of the love that you have for all the saints, 5 because of the hope laid up for you in heaven. Of this you have heard before in the word of the truth, the gospel, 6 which has come to you, as indeed in the whole world it is bearing fruit and increasing—as it also does among you, since the day you heard it and understood the grace of God in truth, 7 just as you learned it from Epaphras our beloved fellow servant. He is a faithful minister of Christ on your behalf 8 and has made known to us your love in the Spirit. 9 And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, 10 so as to walk in a manner worthy of the Lord, fully pleasing to him, bearing fruit in every good work and increasing in the knowledge of God. 11 May you be strengthened with all power, according to his glorious might, for all endurance and patience with joy, 12 giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light. 13 He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, 14 in whom we have redemption, the forgiveness of sins.
- Colossians 4:2–4 2 Continue steadfastly in prayer, being watchful in it with thanksgiving. 3 At the same time, pray also for us, that God may open to us a door for the word, to declare the mystery of Christ, on account of which I am in prison— 4 that I may make it clear, which is how I ought to speak.
- 1 Thessalonians 1:2–3 2 We give thanks to God always for all of you, constantly mentioning you in our prayers, 3 remembering before our God and Father your work of faith and labor of love and steadfastness of hope in our Lord Jesus Christ.
- 1 Thessalonians 2:13–16 13 And we also thank God constantly for this, that when you received the word of God, which you heard from us, you accepted it not as the word of men but as what it really is, the word of God, which is at work in you believers. 14 For you, brothers, became imitators of the churches of God in Christ Jesus that are in Judea. For you suffered the same things from your own countrymen as they did from the Jews, 15 who killed both the Lord Jesus and the prophets, and drove us out, and displease God and oppose all mankind 16 by hindering us from speaking to the Gentiles that they might be saved—so as always to fill up the measure of their sins. But wrath has come upon them at last!
- 1 Thessalonians 3:9–13 9 For what thanksgiving can we return to God for you, for all the joy that we feel for your sake before our God, 10 as we pray most earnestly night and day that we may see you face to face and supply what is lacking in your faith? 11 Now may our God and Father himself, and our Lord Jesus, direct our way to you, 12 and may the Lord make you increase and abound in love for one another and for all, as we do for you, 13 so that he may establish your hearts blameless in holiness before our God and Father, at the coming of our Lord Jesus with all his saints.
- 1 Thessalonians 5:23–24 23 Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ. 24 He who calls you is faithful; he will surely do it.
- 1 Thessalonians 5:28 The grace of our Lord Jesus Christ be with you.
- 2 Thessalonians 1:3–5 3 We ought always to give thanks to God for you, brothers, as is right, because your faith is growing abundantly, and the love of every one of you for one another is increasing. 4 Therefore we ourselves boast about you in the churches of God for your steadfastness and faith in all your persecutions and in the afflictions that you are enduring. 5 This is evidence of the righteous judgment of God, that you may be considered worthy of the kingdom of God, for which you are also suffering—

2 Thessalonians 1:11–12 11 To this end we always pray for you, that our God may make you worthy of his calling and may fulfill every resolve for good and every work of faith by his power, 12 so that the name of our Lord Jesus may be glorified in you, and you in him, according to the grace of our God and the Lord Jesus Christ.

2 Thessalonians 2:16–17 16 Now may our Lord Jesus Christ himself, and God our Father, who loved us and gave us eternal comfort and good hope through grace, 17 comfort your hearts and establish them in every good work and word.

2 Thessalonians 3:2–5 2 and that we may be delivered from wicked and evil men. For not all have faith. 3 But the Lord is faithful. He will establish you and guard you against the evil one. 4 And we have confidence in the Lord about you, that you are doing and will do the things that we command. 5 May the Lord direct your hearts to the love of God and to the steadfastness of Christ.

2 Thessalonians 3:16 Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all.

1 Timothy 1:12 I thank him who has given me strength, Christ Jesus our Lord, because he judged me faithful, appointing me to his service,

1 Timothy 2:1–3 1 First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, 2 for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. 3 This is good, and it is pleasing in the sight of God our Savior,

2 Timothy 1:3–7 3 I thank God whom I serve, as did my ancestors, with a clear conscience, as I remember you constantly in my prayers night and day. 4 As I remember your tears, I long to see you, that I may be filled with joy. 5 I am reminded of your sincere faith, a faith that dwelt first in your grandmother Lois and your mother Eunice and now, I am sure, dwells in you as well. 6 For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, 7 for God gave us a spirit not of fear but of power and love and self-control.

2 Timothy 1:16–18 16 May the Lord grant mercy to the household of Onesiphorus, for he often refreshed me and was not ashamed of my chains, 17 but when he arrived in Rome he searched for me earnestly and found me— 18 may the Lord grant him to find mercy from the Lord on that Day!—and you well know all the service he rendered at Ephesus.

2 Timothy 4:22 The Lord be with your spirit. Grace be with you.

Titus 3:15 All who are with me send greetings to you. Greet those who love us in the faith. Grace be with you all.

Philemon 4–7 4 I thank my God always when I remember you in my prayers, 5 because I hear of your love and of the faith that you have toward the Lord Jesus and for all the saints, 6 and I pray that the sharing of your faith may become effective for the full knowledge of every good thing that is in us for the sake of Christ. 7 For I have derived much joy and comfort from your love, my brother, because the hearts of the saints have been refreshed through you.

Philemon 25 The grace of the Lord Jesus Christ be with your spirit.