

# Prayer is the antidote to anxiety



## The fruits of prayer:

1. The ability to be at peace in the midst of turmoil.
2. The ability to see God's hand at work in all things.
3. A relaxed reliance on the power of God.
4. The ability to communicate from the heart to the heart.



Shared by the Rt. Rev. Robert G epert,  
Diocese of Western Michigan

# Praying the Scriptures

## Praying the Scriptures

I. Give direction to your prayer time by asking for a **grace**. – A grace is the wisdom you seek from God or the Jesus of the Gospels. You may write this grace down and repeat it to yourself over and over as you prepare to read a Scripture passage. Graces may apply to your personal, vocational, or corporate life. Here are some examples:

- Give me your wisdom for living and leading.
- Show me the way to more fully love my son at this difficult time in his life.
- Help me to find a way not to be so critical of others.
- Show me the way to accept other people without needing to change them.

- Show me what I am called to do in the midst of the fighting going on in my church.
- Etc.

II. Sit with that grace for a while, breathing deeply in a place where you will not be disturbed.

III. Begin reading the passage you have chosen. Read slowly and stop when something strikes you to ponder. You may wish to underline words or phrases which catch your eye.

IV. Sit with the passage for a while.

V. Write in your journal or notebook what happened in that prayer time. Did you receive wisdom concerning the grace you asked for? If so, write about that. If not, did God speak another word to you?

You may use the same grace for a few days or months as you seek God's wisdom for your life.

## Praying the Scriptures

I. Give direction to your prayer time by asking for a **grace**. – A grace is the wisdom you seek from God or the Jesus of the Gospels. You may write this grace down and repeat it to yourself over and over as you prepare to read a Scripture passage. Graces may apply to your personal, vocational, or corporate life. Here are some examples:

- Give me your wisdom for living and leading.
- Show me the way to more fully love my son at this difficult time in his life.
- Help me to find a way not to be so critical of others.
- Show me the way to accept other people without needing to change them.

- Show me what I am called to do in the midst of the fighting going on in my church.
- Etc.

II. Sit with that grace for a while, breathing deeply in a place where you will not be disturbed.

III. Begin reading the passage you have chosen. Read slowly and stop when something strikes you to ponder. You may wish to underline words or phrases which catch your eye.

IV. Sit with the passage for a while.

V. Write in your journal or notebook what happened in that prayer time. Did you receive wisdom concerning the grace you asked for? If so, write about that. If not, did God speak another word to you?

You may use the same grace for a few days or months as you seek God's wisdom for your life.

## Prayer is the antidote to anxiety

The fruits of prayer:

1. The ability to be at peace in the midst of turmoil.
2. The ability to see God's hand at work in all things.
3. A relaxed reliance on the power of God.
4. The ability to communicate from the heart to the heart.



# Praying the Scriptures



Shared by the Rt. Rev. Robert Gupert,  
Diocese of Western Michigan