

WRITING YOUR OWN PSALMS & PRAYERS

Praise

Address God by praising His attributes in a personal way

"For God alone my soul waits in silence; from him comes my salvation.
He alone is my rock and my salvation, my fortress; I shall not be greatly shaken." – Psalm 62:1-2

"I will say to the Lord, "My refuge and my fortress, my God, in whom I trust." – Psalm 91:2

Repent

Confess your sin as you trust and rest in forgiveness in Jesus

"For I know my transgressions, and my sin is ever before me.
Against you, you only, have I sinned and done what is evil in your sight,
so that you may be justified in your words and blameless in your judgment.
Behold, I was brought forth in iniquity, and in sin did my mother conceive me.
Behold, you delight in truth in the inward being, and you teach me wisdom in the secret heart.
Purge me with hyssop, and I shall be clean; wash me, and I shall be whiter than snow.
Let me hear joy and gladness; let the bones that you have broken rejoice.
Hide your face from my sins, and blot out all my iniquities.
Create in me a clean heart, O God, and renew a right spirit within me.
Cast me not away from your presence, and take not your Holy Spirit from me.
Restore to me the joy of your salvation, and uphold me with a willing spirit." – Psalm 51:3-12

"to the praise of his glorious grace, with which he has blessed us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace" – Ephesians 1:6-7

Appeal

Name feelings, identify temptations and struggles, share experiences of suffering, betrayal, or trauma "giving it all" to and seeking help from God

"Give all your worries and cares to God, for he cares about you." – 1 Peter 5:7

"Give ear to my prayer, O God, and hide not yourself from my plea for mercy!
Attend to me, and answer me; I am restless in my complaint and I moan,
because of the noise of the enemy, because of the oppression of the wicked.
For they drop trouble upon me, and in anger they bear a grudge against me.
My heart is in anguish within me; the terrors of death have fallen upon me.
Fear and trembling come upon me, and horror overwhelms me." – Psalm 55:1-5

Yield

Submit to God, believe His promises, trust in who He says He is

"I bless the Lord who gives me counsel; in the night also my heart instructs me.
I have set the Lord always before me; because he is at my right hand, I shall not be shaken.
Therefore my heart is glad, and my whole being rejoices; my flesh also dwells secure.
For you will not abandon my soul to Sheol, or let your holy one see corruption.
You make known to me the path of life; in your presence there is fullness of joy;
at your right hand are pleasures forevermore." – Psalm 16:7-11

Below are some lists to help you get started, these lists are not exhaustive as there are far more attributes and promises of God and words to describe the wide range of emotions people experience.

Attributes of God

Eternal	Steadfast	Kind	Infinite	All-Knowing
Good	Merciful	Understanding	Wise	Sovereign
Loving	Faithful	Jealous	Consistent	Immortal
Faithful	All-powerful	Perfect	Self-existent	Unchanging
Holy	Righteous	All-present	Self-sufficient	Incomprehensible
Just	Pure	Supreme	Immutable	All-Knowing

Name Your Feelings

Anger	Fear	Nervous	Joy	Love	Sad
Disgust	Anxious	Tense	Cheerful	Adore	Disappointed
Envy	Overwhelmed	Uneasy	Happy	Compassion	Dismayed
Irritated	Hysteric	Worry	Hopeful	Longing	Humiliated
Rage	Panic	Terror	Content	Confident	Insecure
Frustrated	Shock	Distress	Optimistic	Amazed	Guilt
Jealous	Dread	Bitter	Relieved	Passionate	Regret
Prideful	Hate	Vengeful	Excited	Peaceful	Shame

20 Promises of God

- 1) God promises that if you search for Him, you will find Him. (Deuteronomy 4:29, Jeremiah 29:13)
- 2) God promises salvation to all who repent and believe in Jesus. (Romans 10:9-10)
- 3) God promises to be near to us. (Deuteronomy 4:7, Psalm 34:18)
- 4) God's promises His ways are perfect. (Psalm 18:30)
- 5) God promises not to harm and to work all things for good of His people. (Romans 8:28, Jeremiah 29:11)
- 6) God promises to complete the good work He has started in us. (Philippians 1:6)
- 7) God promises nothing can separate us from His love in Jesus. (Romans 8:31-39)
- 8) God promises to supply our eternal needs. (Matthew 6:33, Philippians 4:19)
- 9) God promises peace and rest in Jesus. (Matthew 11:28-30, Philippians 4:7)
- 10) God promises that Jesus will return for His people to bring them to live with Him eternally. (John 10:10)
- 11) God promises that Jesus will hold His people securely. (John 10:28)
- 12) God promises justice will prevail in heaven and on earth. (Psalm 94:15)
- 13) God promises to give us hope. (Lamentations 3:20-23, Jeremiah 29:11)
- 14) God promises to give grace and strength in weakness. (2 Corinthians 12:9, Philippians 4:13)
- 15) God promises to fight for His people. (Exodus 14:14)
- 16) God promises His love will endure forever. (Psalm 136:26)
- 17) God promises an eternal glory that outweighs all earthly struggles. (2 Corinthians 4:16-18)
- 18) God promises to crush Satan. (Genesis 3:14-15)
- 19) God promises to judge everyone and that all will recognize Him as God. (Romans 14:11)
- 20) God promises there will be no condemnation for those who are in Christ Jesus. (Romans 8:1)