

# CHALLENGE



## JUNE: Pray the Psalms!

### What is the Challenge?

In order to engage Scripture, we read the Bible, we meditate on the Bible, and we pray the Bible. As you read through the Bible reading plan covering the Psalms this month, choose one Psalm each day to pray through. Use the questions and prompts below to use God's Word to guide your prayers each day.

### How do I do this?

1. Read the Psalms that are listed in the daily reading plan.
2. Choose one of the daily Psalms to pray through.
3. Use the P.R.A.Y. acronym to guide you in praying through whichever Psalm you've chosen:
  - **Praise:** After reading this Psalm, what is one thing you can praise God for today?
  - **Repent:** After reading the Psalm, is there anything you need to repent from?
  - **Ask:** Is there anything you'd like to ask God for? What requests come to your mind as you read this Psalm?
  - **Yield:** After reading the Psalm, is there any area of obedience to which God is calling you? Take a moment and yield yourself to whatever God wants to do in and through you today.