

Eat This Book

Prayer Guide: Month 3 [March 1–April 2]

This year, the prayer guides are following along with the Eat This Book reading plan and will give you weekly themes, based on the reading selection for that week, to pray through as you read.

Week 1 [3/1–5] – – Deuteronomy 14–29; Psalm 61–65

In Deuteronomy 28:1-14, God promises to bless every area of the Israelites' lives if only they would keep God's commandments. When we walk in God's ways, we experience his favor and his life and joy. This week, ask God to enable you to follow his commands and walk in his ways.

Psalm 62:8 says, "Trust in him at all times, O people; pour out your heart before him; God is a refuge for us." In what ways do you need God to be your refuge this week? Pour out your heart before him.

Week 2 [3/8–12] – – Joshua 1–24; Psalm 68–72

In Joshua 1:9, God commanded Joshua to be strong, courageous, and unafraid because God's presence would be with him wherever Joshua went. Think about how overwhelming it must have been for Joshua. After 40 long years in the wilderness, Moses was gone, and, suddenly, it was time for him to lead the people in taking the Promised Land. God knew how overwhelmed Joshua must have been so he promised Joshua his presence, which gave him courage for the task ahead. What is overwhelming you right now? What do you need courage for? Ask God for the gift of his presence.

In response to the gift of God's presence, let's give him praise this week. Let's echo the Psalmist's prayer in 72:18-19 when he states, "Blessed be the Lord, the God of Israel, who alone does wondrous things. Blessed be his glorious name forever; may the whole earth be filled with his glory! Amen and Amen!"

Week 3 [3/15–19] – – Judges 6–21; Psalm 75–79

In Judges, we see the people of Israel forgetting to walk in God's ways. Instead they "did what was right in their own eyes" (17:6) and kept falling into sin and judgment. It is so easy when faced with a decision to do simply what is right in our own eyes instead of asking God what he thinks about it. When we do this, we often regret it. This week, let God in on your decision making. Ask him to guide your life this week.

In Psalm 79:8-9, Asaph pleads for God to forgive the sins of the people and have compassion on them. Spend some time this week confessing your sins to God and experience his deliverance.

Week 4 [3/22–26] – 1 Samuel 4–20; Psalm 82–86

In 1 Samuel 7:7-12, after the Lord gave the people of Israel a great victory over the Philistines, Samuel set up a stone, called it an *Ebenezer* (“the stone of help”) which memorialized how God had helped them. Do you have a physical object like this that reminds you of God’s help? If not, consider finding/making one this week. It will help you remember who God is when things get tough. Praise God for how he has helped you in your life!

In Psalm 82, Asaph asks God to give justice and deliverance to the weak, the fatherless, the afflicted, the destitute, and the needy. This week, join with Asaph in praying for these things.

Week 5 [3/29–4/2] – 1 Samuel 28–2 Samuel 15; Psalm 89-93

Throughout 1 Samuel, we have seen David refusing to take revenge against Saul who was his enemy. And here in 2 Samuel 1, he even mourns the death of Saul and Jonathan. Jesus commanded us to love our enemies and pray for them (Matt. 5:43-48). Is there someone in your life that you are having a hard time loving right now? Take some time to pray for them this week and ask God to give you the grace and strength to love them.

Even amidst all the chaos going on right now, Psalm 93 reminds us that God’s is king and his throne is everlasting. His decrees are sure and he cannot be defeated. This week, let’s pray prayers of rejoicing in the fact that our God is king over this world and his plans cannot be thwarted.

* Ideas for this prayer guide were inspired by study notes in the *Renovare Spiritual Formation Bible* (HarperCollins, 2005).