

Eat This Book

Prayer Guide: Month 5 [May 3–28]

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 [5/3–7] – Remembering that Our Redeemer Lives and Praying for Comfort – Job 8–23; Psalm 124–128

Amidst his seemingly hopeless situation, in which even his friends are accusing him of sin, Job proclaims, “For I know that my Redeemer lives, and at the last he will stand upon the earth” (19:25). Even if you do not understand the situation that you are in, there is power in proclaiming that God is your Redeemer. So, this week, talk with God about the situations in your life that do not make sense and call upon Him to be your Redeemer.

In Psalm 126:4-6, the Psalmist asks the Lord to comfort those who are mourning and to bring them into a place of joy. Pray for those in your life who are going through a season of sadness. Ask God to “restore” them so that they “reap shouts of joy.”

Week 2 [5/10–14] – Praying for Those Who Have Hurt Us and Praising God in the Night – Job 32–Proverbs 3; Psalm 131–135

After defending himself against the accusations of his friends over many chapters of the book, Job then prays for these same friends (42:10) that their fortunes would be restored. It is so difficult to love for those who have falsely accused us, slandered us, or hurt us with their words. But Jesus calls us to pray for these people (Matt. 5:44). Take some time this week to pray for someone who has hurt you.

Psalm 134 asks the servants of the Lord to raise their hands and bless the Lord during the night. This week, if you find yourself up in the evening, take a break from looking at your phone (or any other distractions) and spend some time praising God.

Week 3 [5/17–21] – Growing in the Fear of the Lord and Giving Thanks – Proverbs 10–23; Psalm 138–142

Proverbs 14:26-27 states, “In the fear of the Lord one has strong confidence, and his children will have a refuge. The fear of the Lord is a fountain of life, that one may turn away from the snares of death.” This week, pray that you would grow in the fear of the Lord and that God would lead you in His path of life. If you are a parent, pray that your children would learn to fear the Lord so that He would be their refuge.

In Psalm 138, the Psalmist gives thanks to God for His steadfast love, His faithfulness, and His

answering of prayers. This week, think about how God has answered your prayers in the past and thank Him for it. Then pray some more big prayers.

Week 4 [5/24–28] – Thanking God for Friends and Praying for Peace – Proverbs 30–Song of Songs 4; Psalm 145–149

Ecclesiastes 4:9-10a says that “Two are better than one, because they have a good reward for their toil. For if they fall, one will lift up his fellow.” Take some time this week to thank God for the friends He has put in your life and pray that God would bless them.

Psalm 147:14, the Psalmist praises God for granting peace within the borders of Jerusalem. This week, pray that God would grant peace to our nation and local community, that division would be overcome by unity.

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