

How to Pray through Your Stress

A Beginner's Guide to Prayer

Psalm 23:1-6

HOW TO PRAY THOUGH PSALM 23

5 Prayers from Psalm 23

When you are worried.

❶ Lord I believe you will take care of me.

(Psalm 23:1)

When you are busy.

❷ Lord I receive your rest, refreshment and restoration.

(Psalm 23:2-3a)

When you are Indecisive.

❸ Lord I will trust & follow when you lead & guide.

(Psalm 23:3b-4)

When you are hurt by people.

❹ Lord I will let you take up for me when I'm betrayed.

(Psalm 23:5)

When you are uncertain.

❺ Lord I will face the future with confidence.

(Psalm 23:6)

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❺ Lord I will _____ with confidence.

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