ACTION STEP 9 | PETITION

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*Incline your ear to me; rescue me speedily! Be a rock of refuge for me, a strong fortress to save me!*

* *Psalm 31:2*

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PRAYING PETITIONS

As children of the Living God, we are invited into communion with our Father through prayer. Not only does the Lord invite us to ask Him for help but He delights in helping us. “*Or which one of you, if his son asks him for bread, will give him a stone?**Or if he asks for a fish, will give him a serpent?**If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good things to those who ask him!”*  (Matthew 7:9-11) As sons and daughters, we can confidently approach our Father with our whole hearts and ask Him to meet our needs and desires.

Step 9 gives invites us into the opportunity for healing both personally and with those you are in relationship with. We can seek God for our help, healing, and hope. Use this worksheet as a guide to practice the discipline of praying petitions to God and seeking your healing from Him alone.

PREPARING YOUR HEART

1. Find a space to be alone and without distraction. Turn off phones or anything else that may interrupt your time in prayer.
2. Evaluate how you are feeling. Ask yourself: has anything been weighing on me in this season? Is there anything I need healing for? Are there any relationships that are currently broken in my life?
3. Ask the Lord to meet you as you enter into your time of reading and prayer.

PASSAGE GUIDE

Read through Psalm 31 and answer the following questions to help guide your time of prayer.

1. What are some of the petitions asked of God by the Psalmist, David?
2. What are some of the hardships David was experiencing according to the passage? (V9-18)
3. What does David declare about the Lord in this Psalm, despite his circumstances? (V3-8, 19-24)
4. Where do you need to ask the Lord for healing in your life? Take time to ask Him for help.
* Do you need any physical healing?
* Are you in need of any emotional or spiritual healing?
* Are there any broken relationships that need heling?
1. What praises can you declare about the Lord in this season?