



# A BASIC PATTERN FOR PRAYER

PRAYING WITH PSALM 62

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## **PSALM 62**

<sup>1</sup> My soul finds rest in God alone;  
my salvation comes from him. <sup>2</sup>  
He alone is my rock and my salvation;  
he is my fortress, I will never be  
shaken.

<sup>5</sup> Find rest, O my soul, in God alone;  
my hope comes from him. <sup>6</sup>  
He alone is my rock and my salvation;  
he is my fortress,  
I will not be shaken.

<sup>7</sup> My salvation and my honour  
depend on God;  
he is my mighty rock, my refuge.

<sup>8</sup> Trust in him at all times, O people;  
pour out your hearts to him,  
for God is our refuge.

<sup>9</sup> Lowborn men are but a breath,  
the highborn are but a lie;  
if weighed on a balance, they are  
nothing; together they are only a  
breath.

<sup>10</sup> Do not trust in extortion  
or take pride in stolen goods;  
though your riches increase,  
do not set your heart on them.

<sup>11</sup> One thing God has spoken,  
two things have I heard:  
that you, O God, are strong,  
<sup>12</sup> and that you, O Lord, are loving.  
Surely you will reward each person  
according to what he has done.

**#1**  
**QUIETEN YOUR HEART**  
**BEFORE GOD AND**  
**THANK HIM FOR HIS**  
**PRESENCE**

*My soul finds rest in God alone,  
my salvation comes from him. (vs 1)*

The Psalmist finds rest for his soul in the presence of God. Start by thanking Jesus for His Presence in your life and here in the Blessed Sacrament.

Come near to God and he will come near to you. (James 4:8)

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## #2 RENEW YOUR TRUST IN HIM WHATEVER YOU MAY BE PASSING THROUGH

*He alone is my rock. (vs 2)*

Sometimes we pass through difficult times, or we are struggling with an issue, or maybe we are battling doubts. Read the Psalm again and note the word 'alone'. Make a conscious decision in prayer to trust in God completely.

Do not let your hearts be troubled. **Trust** in God; **trust** also in me. (John 14:1)

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### #3

## **PRAISE GOD FOR HIS CHARACTER AND ATTRIBUTES**

*He alone is my rock and my salvation. (vs 6)*

*God is our refuge. (vs 8)*

*You, O God are strong, and that you,*

*O Lord are loving. (vs 12)*

It is important to remember the beauty of God's attributes and character like the Psalmist did. Praise God for who He is and thank Him for what the various attributes may mean to you at this point in your life.

“This, then, is how you should pray:” “Our Father in heaven, hallowed be your name,  
(Matthew 6:9)

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# **#4**

## **EXAMINE YOUR CONSCIENCE AND ASK FOR FORGIVENESS FOR ANY SIN**

*Do not trust in extortion or take pride in stolen goods; though your riches increase, do not set your heart on them. (vs 10)*

We need to allow the Lord to show us any sin that may be an obstacle to our relationship with Him; this is especially true if we are 'worshipping and setting our hearts' on things which are not godly.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)

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## #5

# OPEN YOUR HEART BEFORE GOD

*Trust in him at all times, O people; pour out your hearts to him, for God is our refuge. (vs 8)*

Tell God all there is on your heart: your fears, your disappointments, your ups and your downs, your worries and preoccupation, your desires and prayers of petition.

The Lord is near. Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:4b-6)

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## #6 LISTEN TO HIS WORD

*One thing God has spoken,  
two things have I heard. (vs 11)*

God does speak, but we need to listen. Use your Bible or one of the ones provided in this chapel to find a passage from Scripture which the Lord may use to speak to you.

My sheep listen to my voice; I know them, and they follow me. (John 10:27)

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## **#7**

# **ACT ON THE WORD**

*Surely you will reward each person according to what he has done. (vs 12)*

If you feel that after this time of prayer, you need to take a practical decision to obey what the Lord has prompted in your heart, act on to it and follow it through.

Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock.  
(Matthew 7:24)

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*But when you pray,  
go into your room,  
close the door and pray  
to your Father, who is unseen.*

*Then your Father,  
who sees what is done in secret,  
will reward you.*

*(Matthew 6:6)*

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