



# How to Pray the Scriptures Over Yourself

A Guide to Speaking God's Word with Power, Purpose, and Personalization



## What Does It Mean to Pray the Scriptures?

Praying the Scriptures means taking verses from the Bible and turning them into personal, heartfelt prayers. It's a way to align your words with God's truth and speak life over your situation – using His promises as your foundation.

Show Me

## Prayer for Joy and Happiness

Scriptures:

- Nehemiah 8:10 – “The joy of the Lord is your strength.”
- Psalm 16:11 – “In Your presence is fullness of joy.”
- John 15:11 – “These things I have spoken to you so that My joy may be in you.”

### Prayer:

Father, thank You that joy is not something I have to manufacture – it flows from You.  
 You said that in Your presence there is fullness of joy. So I come close, even if I feel low.  
 I receive the joy of the Lord as my strength today. Not happiness that fades, but joy that sustains me.

Fill my heart with Your presence and lift the heaviness I've been carrying.

Let Your joy rise up in me – deep, renewing, and real.

I believe that what You've spoken is true: Your joy is mine. And I receive it now, in Jesus' name. **Amen.**



## Why Pray the Word of God?

- It **strengthens your faith**. Romans 10:17 tells us that faith comes by hearing the Word of God.
- It **brings peace and power**. When emotions are heavy or words are hard to find, scripture gives you language rooted in truth.
- It **sharpens your focus**. Praying the Word helps you shift from fear to faith, confusion to clarity, and despair to hope.



## How to Pray the Scriptures

### 1. Find a Verse That Speaks to Your Need

Use a topical Bible guide or ask: What am I feeling? What do I need to be reminded of today?

Example: If you're feeling discouraged, look at Nehemiah 8:10 – “The joy of the Lord is your strength.”

### 2. Personalize the Verse

Take the words and make them your own. Speak in the first person. Use names or situations.

Example: “The joy of the Lord is my strength.”

“God, You said Your joy gives me strength – I receive that right now.”

### 3. Pray with Intention and Faith

Speak it aloud if you can. You're not reciting – you're declaring.

Invite the Holy Spirit into that moment and stay present. Let God's Word shape your emotions and perspective.