

standing, will guard your hearts and your minds in Christ Jesus. (4:4-7)

And here is the Scripture in the form of a prayer:

Heavenly Father, I rejoice in You always. I will say it again: I rejoice! You are an awesome, incredible God. I pray that my gentleness, which comes from the power of Your Holy Spirit, would be evident to all. Lord, I know You are near. You have promised never to forsake or abandon me. And for that reason, I will not be anxious about anything. You are on the throne, and I will trust in You. In everything, Lord, by prayer and petition, with thanksgiving and praise, I will present my requests to You. And Lord, I ask that Your peace, which transcends all understanding, will guard my heart and mind in Christ Jesus from the cares and anxieties of this day. It is in the strong name of Your Son, Jesus Christ, that I pray. Amen.

Once you've learned to pray Scripture and have made it a regular part of your devotion time, it will become difficult for you *not* to pray Scripture any time you read the Bible. You'll find that as a verse makes a strong impression on you, you'll stop reading and begin praying the passage and applying it to yourself or others. It's truly transforming.

I taught my congregation how to do this by praying Scripture over them in a Sunday service. It was one of the most moving services I've ever led. They went away from that time as new people. You can too. If you've never prayed Scripture before, try it. You'll be amazed by how it changes and empowers your prayer life.

## 5. Meditation Time

James advises believers not to just listen to God's Word but to do what it says (James 1:22). The step that helps bridge the gap