

# Our Wisest Supplications

*An E-Guide On  
How To Pray  
Through The Book  
of Proverbs*

**ALEAH REKLAI**

Blogger of [LearningToLiveSDABlog.com](http://LearningToLiveSDABlog.com)



# INTRODUCTION

**M**y first impression of the book of Proverbs was that it was a book about godly, Bible-based wisdom.

Never did I ever think of Proverbs as a book to glean prayer promises from!

I mean, for a while, I honestly considered Proverbs' neighboring book--Psalms--to be a good place to pray through.

But Proverbs?

Nah!

# From Idea To Inspiration

**T**hen one morning, as I was doing my devotions, I sensed the Holy Spirit whisper an idea into my head.

*Write an e-Guide on how to pray through Proverbs.*

*Praying through PROVERBS?! I thought. That's a little funny idea, God.*

But now, as I flip through Proverbs, seeing each gem of wise counsel through the eyes of a prayer warrior, I've now felt an inspiring sense of joy to finally realize that **ALL** of God's Word has prayer promises.

We should never limit Bible prayer promises to a single Bible book like Psalms--nor "good-to-hear" New Testament verses like Philippians 4:13.

Beautifully rich Bible promises are scattered throughout **EVERY** book of the Bible.

And they're just waiting to be discovered.

They're just waiting to be prayed over and claimed.

They're just waiting to be picked up and prayerfully applied to our sinful struggles and sloppy situations.

In this e-Guide, I hope to show you how to "dig out" and prayerfully claim such Bible promise gems that are buried away in the book of Proverbs.

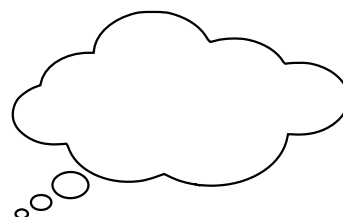
Let's start digging!

# How To Pray Through Proverbs At A Glance

Step 1: Find A Verse  
In Proverbs



Step 2: Think How It  
Applies To You

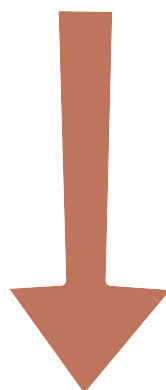


Step 3: Rephrase  
The Proverb Into  
A Prayer



**In this e-Guide, we'll delve deeper into each of  
the three above steps.**

Scroll  
Down



For  
More

# STEP 1

## FIND A VERSE IN PROVERBS



**A**s easy and simple as this step may appear, the truth is that finding a good prayer promise in Proverbs is harder than it looks.

Why?

Because Proverbs contains about 915 verses!

How is it possible to find one perfect prayer promise amongst 915 verses?

It's not like we have 915 problems, so we can simply pray over and claim all 915 verses in Proverbs!

So, what's the practical way to put Step 1—"Find A Verse In Proverbs"—into action?

# The Do's & Don'ts of Finding A Proverb



## DO:

- *Pray About It*
- *Skim through the book until one catches your attention*
- *Read through Proverbs before-hand, so you'll have an idea of which Proverb may better apply to you*
- *Highlight/underline Proverbs that stand out to you*



## DON'T:

- *Randomly Flip to One*
- *Try to let Google do All the Work*

As you can see, the two main key players that'll help you go through step 1 easier are:

- Prayer
- Regular Bible Study

If you're coming from a place where you don't regularly pray or study the Bible, then **DON'T PANIC** or **FEEL UPSET OR DISCOURAGED!!!**

Believe me, God **CAN STILL** minister to you, nonetheless!

My advice—if you're in this situation—would be to simply pray the following prayer below, and trust God's Holy Spirit to lead you to the right Proverb to claim for your situation:

*Dear Heavenly Father, Please forgive me for not really spending time with you in prayer and Bible study. God, please extend Your mercy toward me and help me now, I pray, to find the right verse in Proverbs for my situation. Thank You, God, for Your merciful guidance toward me.*

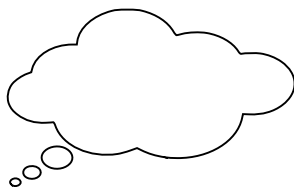
*In Jesus' Name,*

*Amen*

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## STEP 2

# THINK HOW IT APPLIES TO YOU



**W**hen the Holy Spirit leads you to a verse in Proverbs to claim, what do you do next?

If you cheated and glanced at the section title, then yes, you're right— the next step is to **THINK** how it applies to **YOU**.



Not all Proverbs are easily applicable to every situation.

Let me give you an example.

If someone is seriously struggling with lying and desires purely full victory over it, a verse like Proverbs 6:12 wouldn't be a very encouraging Proverb to pray over:

***A worthless person, a wicked man,  
Walks with a perverse mouth  
(Proverbs 6:12)***

Does this mean one should never claim and pray over Proverbs 6:12?

Certainly not!

Proverbs 6:12 is a perfect verse to claim if you deeply desire to avoid stumbling into gossip, lying, and other verbal sins.

However, if someone is seriously struggling with lying, then Proverbs 8:8 would be a much better and much more encouraging promise to pray over:

*All the words of my mouth are with  
righteousness;  
Nothing crooked or perverse is in them.  
(Proverbs 8:8)*

## The Unforgettable Essential

As I mentioned before in the previous section, the most needed essential to successfully walk through this whole Proverb prayer process is the Holy Spirit.

Whether you're at step 1, step 2, or step 3, you **NEED** the Holy Spirit to help lead you to the right Proverb to claim and pray over.

## How To Think

Okay, so you've found the perfect verse in Proverbs to pray over. Now, HOW do you put Step 2 into practice?

To put it simply, you just ask yourself questions—either in your mind, out loud, or just write them down—about HOW this applies to you and your situation.

So, going back to the verse we just used, Proverbs 8:8, here's a handful of sample questions someone might ask themselves in a situation where they personally struggle with lying:

- ***How does this verse apply to my lying problem?***
- ***Do these lies that I say help lift people to righteousness?***
- ***Are these lies drawing my heart closer to crooked perverseness or farther away?***
- ***If these lies are seriously damaging my life and influence as a Christian, do I want God to help fill my heart and mouth with words of righteousness?  
Or, deep down inside, I wanna keep speaking the lies  
I want to speak?***

As your application questions get deeper, you may sense the Holy Spirit convicting you to start or stop doing something. In that case, I wanna recommend that you pray the following prayer below to help you answer the Holy Spirit's plea to your heart in a positive, faith-based way:

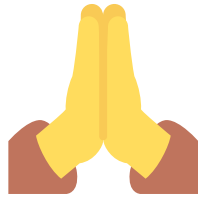
***Dear Heavenly Father, I sense Your Spirit calling me to do something that I don't wanna do. So God, please give me Your strength to follow the convicting voice of Your Holy Spirit today.***

***In Jesus' Name,***

***Amen***

# STEP 3

## REPHRASE THE PROVERB INTO A PRAYER



**Y**ou've finally reached the third and final step of how to pray through Proverbs!

First, God's Spirit has led you to the perfect Proverb to pray over and claim. Next, you've seriously contemplated over questions that applied to you, based on the Proverb you just read. Now, you're ready to finally pray over and claim that Proverb promise!

But, how do you do that?

In this final section of the e-Guide, we're gonna delve deeper into the practical side of Step 3.

### **Personalizing Proverbs**

On the next page, I'll give you an example of how to rephrase the Proverb you desire to claim into a prayer.

So, here's the example I'm gonna use. It's Proverbs 4:18–

***But the path of the just is like the shining sun,  
That shines ever brighter unto the perfect day.***

**(Proverbs 4:18)**

And below is the same Proverb, but rephrased into a prayer:

***Dear Heavenly Father, thank You that through the  
shed blood of Your Son, I am made just. Because of  
this, God, I pray You'll continually lead me into  
brighter and still brighter truths from Your Holy  
Word in my walk with You down this narrow path.***

***In Jesus' Name,***

***Amen***

As you can see, the third step of rephrasing the Proverb into a prayer is basically building what you want to say to God within the framework of what your chosen Proverb says. In other words, you base your prayer off of the words in your Proverb prayer promise.

Let me give you a more basic example.

## **A More Simple Prayer**

Let's step back and use that Proverb I used in the previous section—Proverbs 8:8. You'll find the verse on the next page.

***All the words of my mouth are with righteousness;  
Nothing crooked or perverse is in them.  
(Proverbs 8:8)***

Here's a more basic, simple prayer rephrased from Proverbs 8:8.

***Dear Heavenly Father, please fill my mouth  
with Your words of righteousness. Please  
cleanse my lips from saying anything that's  
crooked or perverse.***

***In Jesus' Name,***

***Amen***

## **As Long As You Pray It**

Whether you choose to rephrase your Proverb prayer promise into a fancy or not-so-fancy prayer, let me assure you that the way we speak and say our prayers doesn't matter to God. What matters is that we talk to God, and humbly implore Him to help us with whatever situation we're in. It reminds me of a beautiful quote that I would like to conclude this prayer e-Guide with:

***Prayer is the opening of the heart to God as to a  
friend. Not that it is necessary in order to make  
known to God what we are, but in order to enable us  
to receive Him. Prayer does not bring God down to  
us, but brings us up to Him.***

**(A Call To Stand Apart pg. 26)**



# HEY!

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