



SACRED RHYTHMS | “PRAYER”

January 18, 2026

Psalm 139:1–7, 13, 24–25(NIV)

You have searched me, LORD,
and you know me.

² You know when I sit and when I rise;
you perceive my thoughts from afar.

³ You discern my going out and my lying down;
you are familiar with all my ways.

⁴ Before a word is on my tongue
you, LORD, know it completely.

⁵ You hem me in behind and before,
and you lay your hand upon me.

⁶ Such knowledge is too wonderful for me,

too lofty for me to attain.

⁷ Where can I go from your Spirit?
Where can I flee from your presence?

¹³ For you created my inmost being;
you knit me together in my mother’s womb.

²³ Search me, God, and know my heart;
test me and know my anxious thoughts.

²⁴ See if there is any offensive way in me,
and lead me in the way everlasting.

Notes:

Motivation to Pray (2 gifts from God)

- invited by God to pray
- indwelling presence of the Holy Spirit

Orient Ourselves to God's Presence

Sometimes we must be lead

Sometimes we must be patient

We can be oriented in different ways

Focus our Words for God's Hearing

Luke's record - the kinds/categories of words to pray

Matthew's account - the way we pray/level of engagement