

# 21 WAYS TO PRAY IN 21 DAYS

Praying The  
Word

1 O Lord, you have examined my heart  
and know everything about me.

2 You know when I sit down or stand up.  
You know my thoughts even when I'm far away.

3 You see me when I travel  
and when I rest at home.  
You know everything I do.

4 You know what I am going to say  
even before I say it, Lord.

5 You go before me and follow me.  
You place your hand of blessing on my head.  
6 Such knowledge is too wonderful for me,  
too great for me to understand!

**Psalm 139:1-6 (NLT)**

“The Lord knows all things as a matter of course, and not by any effort on his part. He knows us as thoroughly as if he had examined us minutely, and had pried into the most secret corners of our being.”

- **(Spurgeon et al., 1993, Psalm 139 section)**

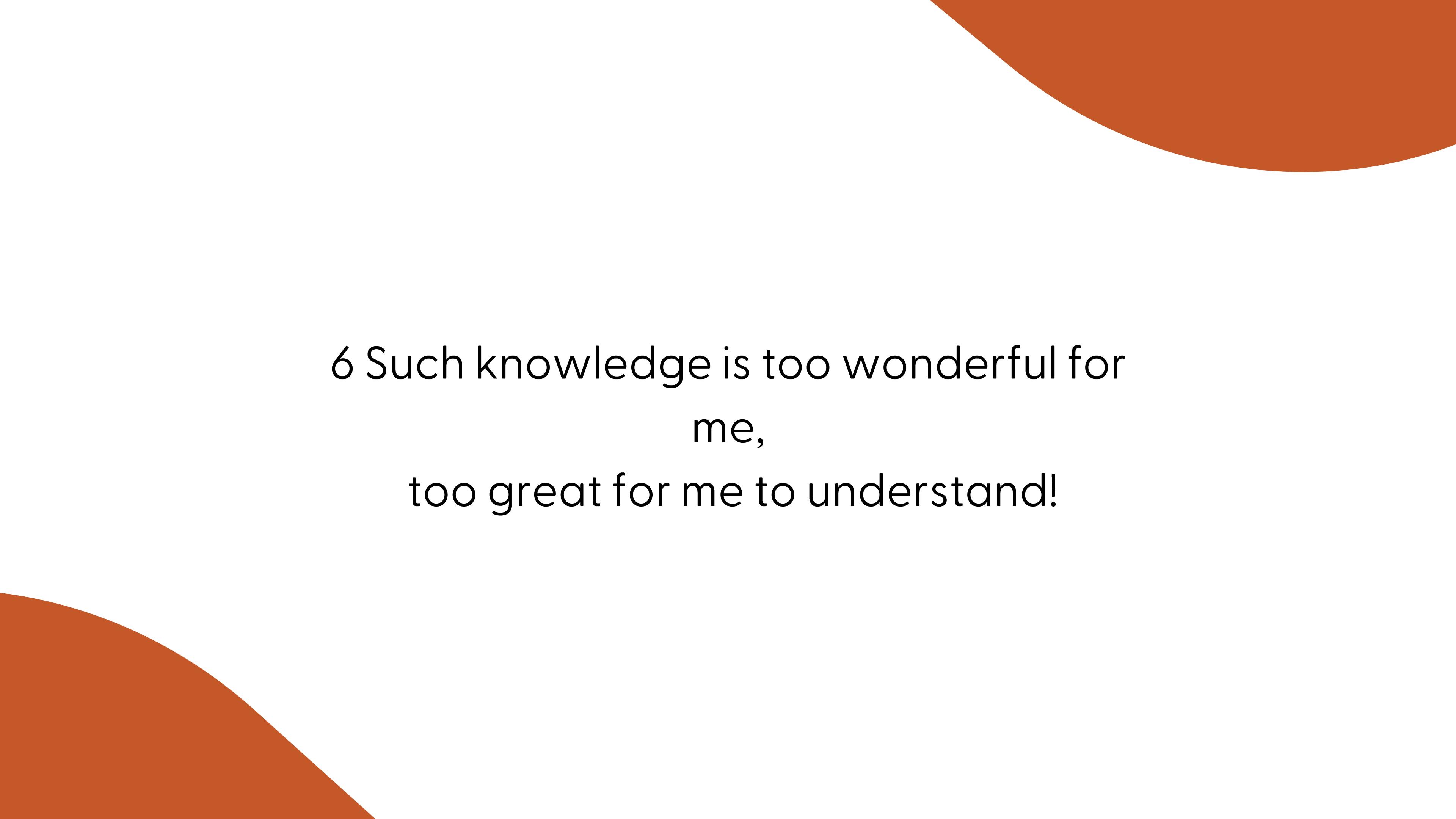
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Lord, you have examined my heart  
and know everything about me,  
[insert name here]

I am **God's handiwork** (Ephesians 2:10), I am **fearfully and wonderfully made** (Psalm 139:14), **strong and courageous** (Joshua 1:9), loved (Jeremiah 31:3) I am **made in His image** (Genesis 1:27), I am a **new creation** (2 Cor 5:17), I am **strong** (Isaiah 40:31), I am **protected** (Psalm 121:3)...

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

24 Point out anything in me that offends you,  
and lead me along the path of everlasting  
life.”