



**Biblical Counseling Ministries, Inc.**  
*A Church-Based Christian Counseling Ministry*

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**PRAYING SCRIPTURE HEAD TO TOE**

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*The following are suggestions for scriptural prayer. Add further verses as you read Scripture.*

**MIND:**

Mind of Christ (Philippians 2:3)  
Try me and know my thoughts (Psalm 139:23)  
Obediently captivate every thought and imagination (2 Corinthians 10:5)  
Fill me with all spiritual knowledge and understanding (Colossians 1:10)  
Dwell on true, honest, just, pure, lovely, good, virtuous, excellent, praiseworthy things (Philippians 4:8)  
Plan ahead and prepare well (Proverbs 6:6-8; James 4:13-17; Luke 14:28)  
Remember God's Word to use it (Psalm 119:11, 16, 49)

**EYES:**

Make blind eyes to see; open my eyes (John 9:25; I John 2:11; Psalm 119:18)  
Set no unclean thing before my eyes (Psalm 101:3)  
See from God's perspective and seek His ways (2 Kings 6:17)  
Be watchful (I Thessalonians 5:16)  
Look to eternal goals (2 Corinthians 4:18)  
Let my light shine before men to God's glory (Matthew 5:16)

**EARS:**

Hear the Word of God with understanding (Psalm 85:8; Matthew 11:15)  
Be a doer, not just a hearer of the Word (James 1:22)  
Hear and follow God's wisdom, not man's (Proverbs 1:20-33; 11:14)  
Take godly instruction (Proverbs 9:9)  
Listen before answering (Proverbs 18:13; James 1:19)  
Be careful what I listen to (Luke 8:18)

**NOSE:**

As Christ's representative, to be a sweet savor to God (Ephesians 5:2)  
God would manifest the savor (fragrance) of Christ to others through me (2 Corinthians 2:14-15)

**MOUTH:**

Speak and be silent appropriately (Proverbs 10:19; 17:27; 29:11; Mark 13:11)  
Every word would honor God (Proverbs 15:7)  
Know how to answer those who question or oppose (Titus 1:9; I Peter 3:15; Psalm 119:42)  
Offer biblical advice (I Thessalonians 5:14; Galatians 6:1-2)  
Words would build up rather than tearing down (Ephesians 4:29)  
Speak the truth in love (Ephesians 4:15)  
Teach others about Christ (I Timothy 4:11; 2 Timothy 2:2)  
Offer praise and prayer to God (I Thessalonians 5:17-18)

**NECK:**

Turn from a haughty (proud) attitude (I Corinthians 13:4-5; Proverbs 8:13)  
Humble rather than stiff-necked (stubborn and self-willed) (James 4:6; Acts 7:51)

(Over)

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**Hope for The Hurting • Hebrews 4:16**

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**SHOULDERS:**

Cast cares (burdens) on the Lord (I Peter 5:7; Matthew 11:28-30)  
Bear responsibilities well (I Corinthians 10:31; Colossians 3:23)  
Persevere (Galatians 6:9; Hebrews 10:22-12:15)  
Comfort others (2 Corinthians 1:4)  
Bear one another's burdens (Galatians 6:2)

**ARMS:**

Strength to do God's will (Psalm 18:1-2; 29:11; 119:28)  
To recognize and rest in God's everlasting arms (Deuteronomy 33:27)

**HANDS:**

Skill to complete today's appointed tasks (2 Corinthians 3:6; I Corinthians 10:13)  
To do those tasks with an eternal focus (I Corinthians 3:14; 2 Corinthians 4:18)  
Lay up treasures in heaven (Matthew 6:19-21)  
Establish the work of my hands (Psalm 90:17)  
Hold onto what is good (I Thessalonians 5:21)

**HEART:**

Love God with all my heart (Matthew 22:37)  
Worship God, not the things He created (Romans 1:25; I Cor. 10:14)  
Abide in Christ (John 15:1-10)  
Seek God (Psalm 119:2; Matthew 7:7)  
Serve God with all my heart (I Sam. 12:20)  
Purify the desires of my heart (Psalm 139:23)  
Submit my will to God (James 4:7)  
Deny myself, pick up my cross daily, and follow Him (Luke 9:23)  
Lose my life in His (Luke 9:24)  
Be wise (Proverbs 2:6-7; Psalm 119:66)  
Word of Christ indwells (Colossians 3:16)

**STOMACH:**

Eat to nourish my body, not out of greed (Romans 14:23; Hebrews 13:9)  
Be a good steward of my body (I Cor. 4:2)  
Health to bring God honor, as He wills (2 Cor. 12:7-10; James 5:14-16)  
Desire the meat of the Word (Hebrews 5:12-14)  
Provision for physical needs (Psalm 84:4; James 1:17; Philippians 4:19)

**LOINS:**

Moral and sexual purity, living honorably (I Thess. 4:2-3; 1 Cor. 6:19-20)  
Resist temptation (James 4:7; Hebrews 12:1-3)  
Rightly use God's gift of sexuality in marriage (Song of Solomon 4:7; Psalm 128; Heb. 13:4)  
Godly parenting (Deuteronomy 6:4-9)  
Honor my body as the Holy Spirit's temple (I Corinthians 6:19-20)

**LEGS:**

Walk in the Spirit, not in the flesh (Galatians 5:16)  
Stand fast in Christ (Galatians 5:1)  
Ready to go where God sends (Matthew 9:38; Isaiah 6:8)  
Walk with godly companions (I Cor. 15:33)  
Go in the right direction (Prov. 3:5-6)  
Walk in the Word (Psalm 119:105, 133)  
Walk in safety (Psalm 138:3-8)  
Walk as a faithful ambassador of Christ (2 Corinthians 5:20)

**FEET:**

Founded on the Rock (Matthew 7:24-27)  
Stability (Psalm 119:38; I Peter 5:10)  
Freedom (Psalm 119:45; Isaiah 61:1-2)  
Seeking opportunity to share the gospel (Romans 10:15)  
Feet shod with the preparation of the gospel of peace (Ephesians 6:15)

***Biblical Counseling Ministries offers additional resource suggestions, discipleship training, and Biblical counseling. Email us at [bcmin@wctc.net](mailto:bcmin@wctc.net), check our website at [www.bcmin.org](http://www.bcmin.org), or phone our home office at 715.423.7190.***