



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

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 2:5)
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)

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 sue@bcmin.org, check our website at www.bcmin.org, or phone our home office at 715.423.7190.