

TAKE A T.R.I.P. WITH GOD!

The T.R.I.P. teaches people to pray the scriptures by asking four questions of any portion of the Bible. This teaches us to pray based on what we hear God saying to us. We learn to speak by repeating what we hear our parents say. We learn to pray by repeating what we hear God say through the words of the Bible. Then we write our prayers using these four questions to frame our response. We created the acronym T.R.I.P. to help us remember this prayer pattern.

1. **T**HANKS: What in this verse makes me thankful?
2. **R**EGRET: What in this verse causes me regret?
3. **I**NTERCESSION: What does this text lead me to pray for?
4. **P**URPOSE: What action does this text encourage me to take today?

PRACTICE THE T.R.I.P. METHOD WITH THESE TWO VERSES. THEY HAVE SOME HIDDEN CONNECTIONS WHICH YOU CAN DISCOVER BY DRAWING LINES TO PHRASES THAT CONNECT THE TWO VERSES.

God alone is my rock and my salvation, my fortress; I shall not be shaken. Psalm 62:6

Therefore lift your drooping hands and strengthen your weak knees, and make straight paths for your feet. Hebrews 12:12-13

TRIP PRACTICE FOR THESE TEXTS

COMPARE THE TWO VERSES: I shall not=strengthen your; God alone=therefore; not be shaken=straight paths for your feet.

1. **T**HANKS: What in these verses makes you thankful to Jesus?

Thank you God for stabilizing me. You are my firm foundation. I can stand on you. And I am not shaken. You are immovable and because you are in me, I am strong. I am not afraid. I lift up my head without fear for whatever may lie ahead. WRITE YOUR OWN THANKS PRAYER

2. **R**EGRET: What is one thing you heard your Lord say to you that makes you sorry or creates a desire for repentance?

I am sorry Lord I listen to the voice of others instead of to yours. JUST ONE LINE PRAYER FOR REGRET.

3. **I**NTERCESSION: What help do you see that you need from God?

Lord replace my love for the voice of others with a love for your voice alone. ASK GOD FOR HELP.

4. **P**URPOSE: Where do you sense the Spirit may be leading you today?

Connect with someone I know who has the firm foundation in Christ and ask that person to help me when I am afraid of faltering. WRITE OUT WHAT YOU THINK THE SPIRIT WANTS YOU TO DO TODAY.