



## PRAYER LIFE | The Text Tour

1. Choose one text that summarizes your current needs and desires. More than anything else at this stage of your life, what is it that you need from the Lord?
2. Write your chosen text on a 3x5-inch card. Put it in a place where you will be able to see it often.
3. Memorize the text.
4. You may want to visit Christian bookstores to find plaques, bookmarks, wallet cards, and other items on which the text is printed.
5. If you are into crafts or needlework, you may want to design a wall hanging centered around the words of your chosen text.
6. On a piece of paper, write down the main words of your text. For Isaiah 40:31, I wrote the words: wait, Lord, renew, strength, eagle, wings, run, weary, walk, faint.
7. Using a concordance, write down those texts that seem appropriate under each word.
8. Each day, choose one text for your meditation. Read it from several different versions. Which one best speaks to you? Copy it.
9. If you have a commentary available, read what it says about your text. What new insights do you gain?
10. Does Ellen White use that text as the basis of a message? You will find a Scripture Index to her writings in the *Comprehensive Index to the Writings of Ellen G. White*, volume 1. Read something she has written based on that text.
11. Write out what you feel God is trying to tell you through that particular text, then write out a prayer of response.
12. You may want to exchange texts with family members or close friends, using your chosen texts to pray for each other for a period of time.

Source: Dorothy Eaton Watts. *Prayer Country: A Tour Guide to the Wonders of Prayer*. Pacific Press Publishing Association, Boise, Idaho, 1993.