# SUNDAY SUPPLEMENT

FACTSS for Life | Focus on Scripture | Psalm 119:9–16

**“Before prayer is speaking to God, prayer is listening to God.”**

## SERMON SUMMARY

Prayer is more than bringing requests to God; its ultimate purpose is growing closer to God. Scripture teaches us to listen before we speak. The FACTSS practices are **Focus on Scripture, Adoration, Confession, Thanksgiving, Supplication, and Silence.**

**1. The Bible gives prayer its direction (Psalm 119:9–10).** God’s Word provides guardrails for our lives, but its destination is more than good decisions: it leads us to know God. Instead of asking God to bless our path, we seek his path.

**2. The Bible gives prayer its content (Psalm 119:11–13).** The psalmist treasures God’s Word in his heart and speaks it with his lips. God speaks; we receive, reflect, and respond. Scripture shapes our praise, confession, thanksgiving, and requests.

**3. The Bible doesn’t just inform us; it transforms us (Psalm 119:16).** Through the Holy Spirit, consistent engagement with Scripture changes not only our behavior but our desires. Discipline can grow into delight as God makes us more like Jesus.

## QUESTIONS FOR REFLECTION

1. Where are you currently seeking direction from God? Are you willing to follow what Scripture already says?
2. What most consistently fills your attention and heart? How is that shaping the content of your prayers?
3. Is time in Scripture primarily a duty, a delight, or something you rarely make room for? What might help you grow?
4. How would your prayer life change if your first goal were to know God rather than get something from God?

## SUGGESTED NEXT STEPS

**Begin with Scripture:** Each day this week, read a short Bible passage before you begin praying. Start with Psalm 119:9–16 and revisit it throughout the week.

**Ask three questions as you listen:** (1) God, what are you showing me about **YOU**? (2) God, what are you showing me about **ME**? (3) God, how should this change the way I **PRAY**?

**Respond in prayer:** Turn what you read into praise, confession, thanksgiving, requests, or surrender. Choose one truth to treasure and carry into your day.

**Remember: The greatest gift of prayer is God himself.**