A BALANCED DIET OF PUBLIC PRAYER
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1. Praise and Adoration
   --Praise as the entrance to God’s presence
   --Praise as the “Oh, Wow!” experience
   --The difference between praising God and blessing God
   --Examples: Psalm 100 and Psalms 95-96

2. Invocation
   --A particularly Puritan liturgical tradition
   --A 17th century strongpoint
   --Invocations in the Psalms, i.e. Ps. 113
   --Calling on the name: “Our Father who art in Heaven”
   --“In my name”: The threefold promise in the Upper Room discourse

3. Lamentations, Confessions, Supplications
   --Solomon’s Prayer of Dedication: I Kings 8
   --Prayer in time of need: drought, war, pestilence
   --Confession of Sin
   --Preponderance of Lamentations in the Psalms
   --“Forgive us our debts…”
   --The prayer of Jesus in His passion
     --“My God, my God, why hast thou forsaken me?”
     --Why art thou cast down, O my soul?”

4. Intercessions
   --Prayer of the Eighteen Benedictions: a comprehensive pastoral prayer
   --John 17: the High Priestly Prayer—for unity, continuity, and purity
   --I Timothy 2—for kings and authorities, all peoples, conversion of the heathen
   --Concealed prayer: Matthew Henry and Samuel Miller
   --William Perkins and the prophetic dimension of prayer

5. Psalm Prayer
   --The oldest and most basic form of public prayer that has come down to us
   --The Psalms are the prayers of the Holy Spirit
   --When the children of Israel went up to their feasts, they sang psalms
   --Examples: Psalm 84, Psalm 42-43
   --The Lord’s Song: Psalm 137—divinely inspired prayer
   --The Lord’s Song: Psalm 42—“His song is with me…”
   --Prayer of Jesus in His passion:
     --Psalms 42-43
     --Psalms 113-118
6. Christian hymns
   --*The Magnificat* (The Song of Mary)
   --*The Benedictus* (The Song of Zechariah)
   --The Song of Simeon
   --I Corinthians 14
   --Christological hymns in Philippians and Colossians
   --Revelation
   --*The Odes of Solomon*
   --The Letter of Pliny to Trajan

7. Prayers of Thanksgiving
   --Votive thanksgiving:
   --Examples: The prayer of Hannah in I Samuel 1 and 2, Psalms 107, 136, and 138
   --Thanksgiving prayer and the collection of tithes and alms