

Prayer of Blessing, or Berakah

This is another form of prayer where we can bring our requests/hearts before God. But the structure is different from a Psalm of Lament as it begins with a blessing and naming of who God is—we begin by hallowing God's name.

Here is the basic pattern:

- 1. Begin with the phrase, “Blessed be the Lord.”**
- 2. Add a statement about God—who He is or what He has done.**
- 3. End with a request.**

Some examples: Psalm 72:18-19; Exodus 18:10; 1 Kings 8:56-57

You can pray with any of the above or write a blessing of your own.

Consider taking it with you and returning to it for a few minutes throughout your day.