



Martin Luther's Four Fold Scripture Prayer Method

(Adapted from A Letter From Martin Luther to His Barber, Master Peter Beskendorf, Spring 1535)

"I take one part after another and free myself as much as possible from distractions in order to pray. I divide each [text] into four parts, thereby fashioning a garland of four strands. That is, I think of each [text] as, first, instruction, which is really what it is intended to be, and consider what the Lord God demands of me so earnestly. Second, I turn it into a thanksgiving; third, a confession; and fourth, a prayer." This turns every biblical text into "a school text, a song book, a penitential book, and a prayer book... They are intended to help the heart come to itself and grow zealous in prayer."

1. **Instruction:** What is the essential content and teaching? What does it mean us to believe or do?
2. **Thanksgiving:** What praise and gratitude is prompted? How can our hearts thank God?
3. **Confession:** Of what must we repent and appeal to God? Where have we fallen and can make amends?
4. **Prayer:** What petitions come to mind? In what direction is the Spirit leading?



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