

# *LEAN* on Him



A Scripture-Writing Prayer Guide



## ***LEAN on Him***

*Trust in the Lord with all your heart,  
and do not lean on your own understanding. In all your ways  
acknowledge him, and he will make straight your paths.  
Be not wise in your own eyes; fear the Lord, and turn away from  
evil. It will be healing to your flesh  
and refreshment to your bones.*

Proverbs 3:5-8 ESV

God warns us not to ***lean*** on our own understanding. He says you are only to ***LEAN*** on – trust in – Him.

***lean*** – 1a: to incline, deviate, or bend from a vertical position.  
b: to cast one's weight to one side for support. 2: **to rely for support or inspiration**. 3: to incline in opinion, taste, or desire.  
—Merriam-Webster's Collegiate Dictionary, 11<sup>th</sup> ed. (emphasis added)

***L*ive life**

***E*mbraced in His arms**

***A*ligned with His will**

***N*ever pushing back**

We are called to live life embraced in His arms with our hearts aligned to His will and never pushing back from Him.

The ***LEAN On Him*** Scripture-Writing Prayer Guide is designed to help you hear and receive the promises and blessings He has in store for those who trust in Him. Twenty-two passages are provided for you to pray your way through.

## The Process:

**Write** the designated Scripture passage in the space provided.  
Consider writing more than one translation or paraphrase it,  
writing it in your own words.

**Journal** your prayers through the acronym for **LEAN**:

**Live life.** How is He calling you to live your life?

*“I came so they can have real and eternal life,  
more and better life than they ever dreamed of.”* –Jesus  
John 10:10 The Message

**Embraced in His arms.** How is He promising to hold onto you?

*The eternal God is your refuge,  
and underneath you are the everlasting arms.*  
Deuteronomy 33:27 NIV

**Aligned with His will.** What is His will? How does it align with yours?

*Your kingdom come, your will be done,  
on earth as it is in heaven.*  
Matthew 6:10 ESV

**Never pushing back.** What pushback do you want to give?  
Confess any resistance you feel to the verse.

*“Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls.”* –Jesus  
Matthew 11:28 NKJV

End your time of prayer asking God to grow your desire to **LEAN** on Him and trust solely in Him as the way to live life.

## Guidance for praying the Scripture:

- When processing the questions, forget what you think you know about God. Answer the questions based on what the Scripture tells you about God, His heart for you, His will, and about you.
- Let God define Himself according to the Word and by His Holy Spirit. Seek the true Living God.
- Ask Him to reveal Himself and to reveal what is in your heart. Take time to listen to His response.

---

**Like a tree.** There is one main thing that keeps a tree upright. Its trunk rooted deeply in the ground feeds and provides life to all the other branches growing up and out. For people, the one main thing we are to depend on – lean into – is our relationship with our Creator. When rooted deeply and solely in God's love, life flows into every other aspect of our lives. We become full and fruitful.

To **LEAN** on Him means letting all your life flow through God and His love for you. Make Him the main thing you trust in and lean on in your life, like a tree rooted deep, seek life from His love.

---

*My blessing is on those people who trust in me,  
who put their confidence in me. They will be like a tree  
planted near a stream whose roots spread out toward the  
water. It has nothing to fear when the heat comes. Its  
leaves are always green. It has no need to be concerned  
in a year of drought. It does not stop bearing fruit.*

Jeremiah 17:7-8 NET

Date:

Write the Scripture.

**Psalm 9:10**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Psalm 13:5-6**

**Pray through the Word.**  
*Live life. How is He calling you to live your life?*

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Psalm 25:1-5**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Psalm 28:6-8**

**Pray through the Word.**  
*Live life. How is He calling you to live your life?*

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Psalm 32:9-11**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Psalm 33:18-22**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Psalm 37:1-6**

**Pray through the Word.**  
*Live life. How is He calling you to live your life?*

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Psalm 37:7-11**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Psalm 40:1-3**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Psalm 52:1, 5-9**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Psalm 56:3-4**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Psalm 62:5-8**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Psalm 85:8-13**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Psalm 91:1-6**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Psalm 112:1-9**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**  
**Write the Scripture.**

Date:

Write the Scripture.

**Psalm 125:1-2**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Psalm 143:8-10**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Isaiah 12:2-5**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Isaiah 26:3-4**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Isaiah 50:8-11**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Jeremiah 17:7-8**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**

Date:

Write the Scripture.

**Psalm 91:14-16**

**Pray through the Word.**  
**Live life. How is He calling you to live your life?**

**Embraced in His arms. How is He promising to hold onto you?**

**Aligned with His will. What is His will? How does it align with yours?**

**Never pushing back. What pushback do you want to give? Confess any resistance you feel to the verse.**

**Ask Him to grow your desire to lean on Him.**







# Unraveled Love

An offering created by Unraveled Love Ministries.  
[UnraveledLove.com](http://UnraveledLove.com)