

# MATTHEW HENRY'S Method *for* Prayer

## Lament and Confess the Corruption of your Entire Being

**The corruption of the whole man: Irregular appetites towards those things that are pleasing to sense, and inordinate passions against those things that are displeasing, and an alienation of the mind from the principles, powers, and pleasures of the spiritual and divine life.**

I am born of the flesh, and I am flesh. [John 3:6\(ESV\)](#) Dust I am: [Genesis 3:19\(ESV\)](#) I have borne the image of the man of dust; [1 Corinthians 15:49\(ESV\)](#) and in me (that is, in my flesh) dwells nothing good. For I have the desire to do what is right, but not the ability to carry it out; for I do not do the good I want, but the evil I do not want is what I keep on doing. [Romans 7:18-19\(ESV\)](#)

I have a law in my members my mind and making me captive to the law of sin that dwells in my members; [Romans 7:23\(ESV\)](#) so that when I want to do right, evil lies close at hand, [Romans 7:21\(ESV\)](#) and clings to us so closely. [Hebrews 12:1\(ESV\)](#)

The whole head is sick, the whole heart is faint; from the sole of the foot even to the head, there is no soundness in me, but bruises and sores and raw wounds. [Isaiah 1:5-6\(ESV\)](#)

There is in me a bent to turn away from the living God: [Hosea 11:7\(ESV\)](#) My heart is deceitful above all things and desperately sick; who can understand them? [Jeremiah 17:9\(ESV\)](#) They start aside like a treacherous bow. [Hosea 7:16\(ESV\)](#)