

## The Posture of Prayer – Week 1

### Message Based Curriculum

#### Opening

- Begin by welcoming everyone and praying to set the tone for discussion. Ask God to open hearts to respond to Him in prayer as a supernatural invitation from a holy God to His adopted children.
- This week, we are discussing prayer and how having a proper perspective of prayer transforms how we engage with God.

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#### Discussion Questions

##### 1. Understanding Prayer

- The sermon defined prayer as *“talking to God and giving Him space to talk to us.”* How does this definition challenge or align with your current view of prayer?
- Read **1 Peter 1:10-12** together. What does it mean that the prophets and even the angels longed to experience what we have access to in Christ? How does it make you feel about your relationship with Christ?
- Why do you think many people, even believers, have lost their sense of awe when it comes to prayer? How can we regain it? **The Gospel in Your Life:**

##### 2. A Supernatural Invitation

- Read **Mark 15:37-38**—the passage describing the tearing of the temple curtain.
  1. What does this moment symbolize for our access to God?
  2. How does this impact the way we approach prayer?
- The sermon mentioned that sometimes we feel like something (sin, shame, guilt, doubt) keeps us distant from God. Have you ever felt this way? How does knowing Jesus removed every barrier change your perspective?

##### 3. A Holy God

- Read **Isaiah 6:1-5** and **Hebrews 4:16**.
  1. How do these passages describe God’s holiness and our approach to Him?
- The sermon stated, *“Just because we have more access doesn’t mean we have less reverence.”*
  1. How do we balance intimacy with God while still honoring His holiness?
  2. How can we ensure our prayers are both personal and reverent?

##### 4. Adopted as Children

- Read **Ephesians 1:3-5, 11**. What does it mean that God chose to adopt us into His family?
- How should knowing we are God’s children impact the way we pray?
- Jesus taught His disciples to begin their prayers with *“Our Father, who is in Heaven, Holy is your name.”*
  1. How does this simple phrase reflect everything we’ve discussed about prayer being a supernatural invitation from a holy God to His adopted children?

- Are there areas of your life where you feel you need to surrender more to Jesus? What practical steps can you take to grow in these areas? How can we as a group support one another?

**Bible Reflection**

- Spend 5 minutes in silence reflecting on Hebrews 4:16 and Ephesians 1:3-5.
- Ask God to reveal any areas where you need to deepen your understanding and practice of prayer.
- Share any insights or personal convictions that arise.

**Prayer Time**

- **Pray for Awe:** Ask God to restore a sense of awe in our prayer lives.
- **Pray for Access:** Thank Jesus for removing every barrier and inviting us to boldly approach the Father.
- **Pray for Intimacy:** Ask for a deeper understanding of our identity as God’s adopted children.
- **Pray for Growth:** Commit to intentionally practicing prayer throughout the 21-day church-wide prayer journey.

**Closing**

**1. Final Encouragement**

- Challenge each person to reflect on their prayer life throughout the week.
- Encourage participation in the 21-day prayer journey – It is happening through the **Hope Community Church App which is available @ [gethope.net/hopeapp](https://gethope.net/hopeapp) or scan the QR code in the bottom right corner.**
- Also, there are in-person prayer opportunities available at each campus. We believe this is so important that you may even consider these weekly opportunities as a replacement (or in addition to) your typical small group time.

CAMPUS	LOCATION	TIME
Apex	2080 E Williams St. Apex, NC (Apex Campus)	Tuesdays 6-7am and 6-7pm
Fuquay-Varina	301 S Fuquay Ave, Fuquay-Varina, NC 27526 (Fire Station #1)	Tuesdays @ 6:30 AM and 7:30 PM
Garner	2670 Timber Dr, Garner, NC 27529 (Little Details Boutique)	Tuesdays @ 6:30 AM
Northwest Cary	1004 Parkside Main St, Cary, NC 27519 (Panera Bread)	Thursdays @ 7 AM
Raleigh	821 Buck Jones Rd, Raleigh, NC 27606 (Raleigh Campus Chapel)	Wednesdays @7-8 AM

