

## The Posture of Prayer Week 2

### Message Based Curriculum

#### Opening

- Begin with a brief **welcome and prayer** to set the tone for the group time.
  - **Introduce the theme:** *Prayer postures are a tool to help us focus on God.*
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#### Discussion Questions

##### 1. Introduction/Icebreaker

- We find ourselves praying some pretty ridiculous prayers in some pretty interesting situations. Does anyone have a story of a time when you prayed about something and, in hindsight, you realized how silly it was?
- Have you ever found yourself praying in a posture that reflected deep emotion (eg. Kneeling, lying on the floor, raising hands)? How did it affect your connection with God?

##### 2. The Role of Posture in Prayer

- Read **2 Samuel 6:12-22**. How does David's physical expression of worship reflect his heart posture before God?
- Why do you think Michal reacted negatively to David's uninhibited worship? What might hold us back from expressing our prayers and worship physically?
- How can engaging our whole bodies in prayer help us focus on God rather than our surroundings?

##### 3. Authentic vs. Performative Prayer

- Read **Matthew 6:1-8**. Jesus warns against performative prayer meant to impress others. What is the key difference between performance and authenticity in worship?
- How can we guard against making prayer a habit of empty words rather than a genuine connection with God?
- What does it mean for God to "see in secret and reward" (Matthew 6:6)

##### 4. Exploring Different Prayer Postures

- The sermon introduced seven prayer postures found in Scripture: kneeling, standing, prostrate, sitting, walking, dancing, and silence.
  1. Which of these postures have you experienced in prayer? Which feels the most natural or unfamiliar to you?
  2. How could trying a new prayer posture help you connect with God in a new way.
  3. This week, we are practicing these in the 21-day prayer journey. Which posture do you want to intentionally try?

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### Group Prayer Exercise

- Choose one of the seven prayer postures and practice it together as a group. You can choose to pray out loud or you can have everyone spread out, set a timer, and come back together after a certain time. Share about your experience.

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### Closing

- Encourage participation in the **21-day prayer journey** – It is happening through the Hope Community Church App which is available @ [gethope.net/hopeapp](http://gethope.net/hopeapp) or just text the word **APP** to **72989** and follow the link.
  - 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		
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

### Prayer Time

- Either break into pairs or smaller groups or as a group share and pray for one another.
  - **Prayer Requests:** How can we prayer for each other specifically?
  - **Celebrations:** What has the Lord done and how can we celebrate?
  - **Authenticity:** Pray for authentic connections in times of prayer with the Lord.