

Discover the Power of Prayer, Pt 4

POSTURES of PRAYER

HANDS RAISED -- _____, vulnerability, reach out to

Psalm 28:1-2

Psalm 63:1-4

Psalm 88:9

Psalm 119:47-48

BEATING BREAST -- _____; need for mercy

Isaiah 32:9-20

Luke 18:9-14

KNEELING -- _____; dependence

Psalm 95:6

Daniel 6:10-11

Acts 21:5

Matthew 27:27-31

BOW DOWN -- _____; give honor and homage; serve

Psalm 95:6

Matthew 15:25

Joshua 23:6-8

Daniel 3

PROSTRATE -- total _____; my life (or need) is in the hand of another and subject to their mercy

Numbers 14:1ff; 16:41ff

1 Samuel 24:8

2 Samuel 1:2ff

1 Kings 1:13ff

Matthew 18:26

Ezekiel 8

HOW DO I RESPOND?

1. Ask yourself if your prayer life can be _____ with the postures by which you pray?
2. Consider how different postures might impact your personal prayer life.
3. Choose at least one prayer posture that might accurately reflect your heart and “_____” a little.
4. Choose a different posture each day for a short prayer time and let it direct the focus of your prayer. Reflect on the impact it has.
5. Remember, ultimately it’s about _____, not form.