

JOIN US SUNDAYS 8:30 AM EASTERN

The SHEnergized SisStarhood Bible Class Series

# JUST A LITTLE

*Talk with Jesus*

Zoom JOIN ONLINE OR CALL: 646-558-8656  
MEETING ID: 530 441 1689 | PASSCODE: 057058

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FACILITATED BY  
**Dr. Dorothy Dye**

Dr. Dye's Lesson Re-Cap| 11/05/2023| The Position/Posture of Prayer

The following is a lesson recap of Dr. Dye's  
"The Position/Posture of Prayer"

### Definitions:

1. Position: Outward Appearance
2. Posture: Inward Attitude

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*Sistar each day we get to be alive is a day to rejoice!  
The Holy Spirit is amazing, and you are filled with his power!  
You don't have to fight the trials of life on your own!  
Reflect on how you got over all of your trials!  
God will always lead you when you let him!  
You can still rejoice when trials and temptations come into your life!  
Our God is full of wisdom and all you have to do is know what God is going  
to do!*

### I. Positions Vary in Prayer

1. On Your Face
2. Standing
3. Lifting Hands
4. Kneeling
5. Lying in Bed

- Sistar you should be a doer of God's word! You can't just do what God commands when you want to.
- Your focus should be on God at all times; use prayer as your weapon!
- The position you take doesn't matter; it's based on your circumstances.
- God wants you to have a sincere heart and communicate with him at all times.
- Don't allow the enemy to prevent you from praying without ceasing!

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## II. Posture; It's a matter of the heart.

- Sistar what are you attached too?
- What is the position of your heart when you pray?
- Are you giving yourself to God when you pray or are you allowing things to distract you from being focused?
- Sistar have your mind set on what God desires for you!
- Sistar you have to learn to forgive!
- You can be kind to others who have wronged you because of the love God has given to you!
- Your attitude(posture) when you pray changes everything!
- The position doesn't matter God wants your heart!
- Sistar God wants all of you! Will you yield to God and his desire for you?
- God doesn't want elaborate prayers he desires sincere prayers from sincere hearts!

Remember your Posture!

*"4 And when ye shall receive these things, I would exhort you that ye would ask God, the Eternal Father, in the name of Christ, if these things are not true; and if ye shall ask with a sincere heart, with real intent, having faith in Christ, he will manifest the truth of it unto you, by the power of the Holy Ghost.*

*5 And by the power of the Holy Ghost ye may know the truth of all things."*

Moroni 10:4-5