

## “JUST A LITTLE TALK WITH JESUS”

Lesson for Sunday, November 5, 2023

### Position/Posture for Prayer

#### Overview

#### Definitions:

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

#### **Point #1: Positions Vary**

##### 1. On Your Face

#### Old Testament

Numbers 16:22  
Joshua 5:14  
I Chronicles 21:16

#### New Testament

St. Matthew 26:39

##### 2. Standing

I Kings 8:22  
Nehemiah 8:5-6

St. Mark 11:25

##### 3. Lifting of Hands

II Chronicles 6:29  
Psalms 28:2  
Lamentations 1:19

I Timothy 2:8

##### 4. Kneeling

II Chronicles 6:13  
Psalms 95:6

Acts 2:36

## 5. Lying in Bed

II Kings 20:2

Psalms 3:6

### **Point #2: Posture: A Matter of the Heart**

Psalms 51:10

Proverbs 4:23

St. Luke 18:9-14

St. Matthew 6:5

St. Matthew 12:34

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### Questions to Consider

1. Discuss why “position” is not an important factor when you pray.
2. Discuss why “posture” is the key element in prayer and the difference “posture” makes.
3. What will prevent you from reaching God with your prayers?
4. What are some necessary prayer elements as far as “posture” is concerned (humility, love, faith, etc.).
5. In St. Luke 18:9-14, both men were praying but what was the main difference in these two men? What challenges can you see that both men were faced with? What was the “posture” of these men?
6. When you pray, what should your “posture” be despite the “position?”
7. Do you sometimes find it difficult to have the right “posture” when you pray? Discuss this element.
8. Discuss how you can maintain a right “posture” when you pray or how you can determine just what your “posture” is.

