

May 19, 2019
Posture and Position in Prayer - 1
Heb 4:14-16

Postures for Prayer:

1.

2.

3.

4.

5.

6.

Position in Prayer:

1.

2.

3.

4.

Referenced Passages: Pr 21:2 | 2 Sam 12:15-16 | Deut 9:25-26 | Mt 26:38-39 | Dan 6:10 | Lk 22:41-42 | 2 Sam 7:18 | Lk 22:14,17-18 | Mk 11:25 | Lk 18:13-14 | 1 Tim 2:8 | 1 Chron 5:20 | Ps 139:4 | Mt 6:8 | Gen 1:3 | Mt 4:10 | Jude 9 | Heb 5:7 | Heb 4:14-16 | Heb 9:11-12 | 1 Pt 2:16 | Gal 5:13 | Eph 3:6 | Rom 8:17 | Eph 3:20 | Is 55:1 | Acts 27:17 | Rom 9:15-16 | Heb 13:5-6 | Heb 7:25 |

Growth Group Discussion

May 19, 2019
Posture and Position in Prayer
Heb 4:14-16

✠ **Ice Breaker:**

- What is your favorite time of day and *posture* for prayer?

✠ **Observation:**

Read: 2 Sam 12:15-16; Deut 9:25-26; Lk 22:41-42; 1 Tim 2:8;

- Explain why there are times it may be appropriate to pray *kneeling or prostrate* vs. *standing or lifting hands*. In what way does our *posture* help or hinder our prayers?

Read: Ps 139:4; Mt 6:8; Mt 4:10; Heb 5:7

- Describe reasons you may want to pray *silently*. What are benefits to praying vocally even if no one is around to hear it?

Read: Lev 21:6-8; Lev 4:3-21; Lev 16:14-15; Heb 4:14-16; Heb 9:11-12

- Explain the role and significance of the *High Priest*. In what way has Jesus completed this task and how does that ensure our *permission* to come to God in prayer?

Read: Heb 4:16; Eph 3:6; Rom 8:17; Eph 3:20; Is 55:1

- What is the difference between *boldly* and *arrogantly*? How is one granted to us through Christ and the other an expression of flesh? What does our *bold access* guarantee us?

Read: Heb 13:5-6; Acts 27:17 (*bo-ā'-thā-ä – used*)

- Explain what *help* (*bo-ā'-thā-ä*) in times of need mean. What is its significance for daily prayer and lives?

Application:

- What intentional step should I take this week to exercise my *position* of confidence access to God's throne of grace?