



## Part 1: “The Posture of Our Prayers”

### Introduction

Struggling to find the right words to pray can keep us from praying at all. But the key to having dialogue with God isn't the words you choose. It's all about our posture.

### Discussion Questions

1. Have you ever felt awkward while praying? What makes it awkward?
2. Have you ever known someone you would describe as having a vibrant prayer life? What is it about their prayers that you admire?
3. Our prayers are often positioned as a monologue, but in the message Matt described prayer as a dialogue. What makes it difficult to approach prayer as a dialogue?
4. Read Matthew 6:5–13. How is the posture Jesus demonstrates in this prayer (and others) different from our typical approach?
5. What would it look like to approach prayer like a child approaching a loving parent?

### Group Prayer

In the message, Matt suggested altering your physical posture in prayer. As your group prays together this week, try it out by praying with open eyes, open hands, and maybe even hands raised.

Pray together through the Lord's Prayer (Matthew 6:9–13):

'Our Father who is in heaven,

Hallowed be Your name.

'Your kingdom come.

Your will be done,

On earth as it is in heaven.

'Give us this day our daily bread.

'And forgive us our debts, as we also have forgiven our debtors.

'And do not lead us into temptation, but deliver us from evil. For Yours is the kingdom and the power and the glory forever. Amen.'