



# POSTURED

## Group Leader Curriculum



If my people, my God-defined people, respond by humbling themselves, praying, seeking my presence, and turning their backs on their wicked lives, I'll be ready for you: I'll listen from heaven, forgive their sins, and restore their land to health.  
2nd Chronicles 7:14 MSG

## **Conversation Starters:**

- 1.) What kind of posture or alignment within us attracts God?
- 2.) What role do you have as one of "God's People" in how He moves on the Earth? (You have a role in the health of our city, our home, and health of our nation.) What is your present perspective toward prayer?

Review / Reflect:

Ask your group members to share their favorite points from the sermon, what stood out to them, a phrase or moment from the sermon they related to the most, or question they have. If your members have a hard time remembering, share your notes and favorite points.

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## **Discussion Questions:**

### **Question 1:**

What benefits come with aligning ourselves with God?

- Prayer should be our first response, not our last resort. (Bring God into every situation throughout your day.) 1st Thessalonians 5:16-18.
- Help me make decisions that are God honoring.

## **Benefits we derive from prayer:**

- 1.) It shows I'm depending on God. (Praying does not focus on our weaknesses, it focuses upon His strength) John 15:4 NASB – A disconnected branch cannot produce fruit. Psalms 62:5-6 GNT
- 2.) It lightens my load. (Stress affects mood, body, and behavior) University of Wisconsin – Prayer is one of the most effective ways to fight stress. Isaiah 40:31 – (Our strength, peace, self-control, and patience are diminishing commodities. Those who wait upon the Lord "SHALL" renew their strength.)
- 3.) It releases God's power. (Prayer can do anything God can do. Prayer is the access point to God's power) Jeremiah 33:3, Matthew 26:41 NIRV

## **The Five Dimensions of Prayer:**

- Backward, upward, inward, outward, forward.
- 1.) I look backward to the cross. (not upon my past or my sin. I'm justified, freed, Redeemed, and fully loved because of the cross – postured in gratitude, not in criticism and complaint. 1st Peter 1:18-19 NLT)
  - 2.) I look upward to my Father. (God is not a dictator, a boss, a supervisor or a coach, He's "our Father" in heaven.) Romans 8: 15-17
  - 3.) I look inward to the Holy Spirit living in me. Romans 8:9. 2nd Corinthians 13:5  

The truth we like least is the truth about ourselves. – Proverbs 28:13 (God already knows what's in you. You can't grow and have intimacy until you're open and honest)
  - 4.) I look around and ask Jesus to use me. (Show me what's wrong and show me what I can do about it.) Romans 6:13 LB
  - 5.) I look to the future in faith. Philippians 1:6

### **Question 2:**

What perspective of prayer do you have now?

## **Prayer Requests / Close in Prayer:**