

## Postures of the Heart (Final Message) Small Group Discussion Questions

Join our congregation for worship in-person or online at 10:30 am each Sunday via our [Grantham Church YouTube Channel](#). If you ever miss a message, the sermons are always posted to the recent sermons page at our website and at the Grantham Church Podcast the following day, along with the sermon slides and small group discussion questions under Worship Resources. Thank you for staying connected with us!

**Sunday, January 26th, 2024**



**Series Focus:** The Bible reveals to us that there are postures of the heart that are naturally conducive to a healthy prayer life. We can see these emotional postures in various biblical characters. We can also see that these emotional postures are often accompanied by physical postures which help us embody how we're feeling and experiencing God. In our January sermon series—*Postures of the Heart: How Disciples Approach God in Prayer*—we explore how to engage with a holy and loving God through spiritual conversation and seek to make application to our walk with Jesus.

**Sermon Title:** The Posture of Trust: Praying with Authenticity

**Scripture Reading:** Psalm 13:1-6; Matthew 7:7-11; Mark 9:14-29

**Sermon Focus:** When facing challenges and uncertainties in life, prayer becomes an act of trust in God's unchanging character and in his good promises, especially when we struggle to believe and don't have all the answers. Therefore, our hope in prayer is not dependent upon a particular outcome, but rather in the loving God who hears our prayers. In the third message of our series, Pastor David invites us to experience prayer as an honest overflow of the heart, like a child talking to a loving parent.

Thank you for going deeper in conversation with your small group. Use the following questions to help *guide* your small group discussion:

1. Begin by reading Mark 9:14-29. Respond to each question: How does this story challenge you? Why might this story puzzle you? How does it encourage you?
2. Can you relate to the father's statement: "I do believe, but help me overcome my unbelief" (Mark 9:24)? Be specific. In what areas of life and in your Christian walk do you feel this way? What "unbelief" do you need help overcoming?
3. Pastor David quoted A.W. Tozer who said: "What comes into our minds when we think about God is the most important thing about us." How have you seen and experienced the truth of this statement, for better or for worse?
4. Our portrait of God shapes our entire life, especially our prayer life. Have you ever considered that the way you pray, and how often you pray, reflects your view of God? What do you think your prayer life says about your portrait? Are there ways you need to adjust your mental portrait to better reflect Jesus? Do you approach God in prayer believing that you are loved by him?
5. Read Psalm 13:1-6. How does this prayer of David reflect a posture of trust in God? What words do you resonate with the most right now in your walk?
6. As you continue to reflect on Psalm 13, how might adopting this posture of trust be helpful to those who are not yet followers of Jesus? How do you think this level of trust and authenticity in our faith might minister to our lost neighbors?
7. What is something that you are burdened about and going to God for in prayer? Ask yourself, "Am I praying with trust in God's *character* and promises, or is my hope in prayer dependent upon a particular outcome?" Also, why do think it's so important that our trust is in God, and not in the outcome of our request?
8. Read Matthew 7:1-11 silently to yourself and then have someone read it aloud. Now take a minute or two to meditate on this passage. After some time to silently reflect, share with your group what God is speaking to you. And then end your time together in prayer for each other, our church, and our world.