

The Posture of Prayer

Sermon Series: Prayer

January 11, 2015

INTRODUCTION

In many ways, prayer is a lot like exercising. We don't necessarily look forward to doing it all the time but we know that it's good for us. Yet, when we do spend time in prayer, we end up feeling a lot better about doing it and we also have greater peace. In this series, we're going to dig deeper and find out what God has to say about the importance of prayer in our lives.

DISCUSSION QUESTIONS

1. If you were to honestly evaluate your prayer life, would you say that you spend enough time in prayer? If you were to grade your prayer life, what would you give yourself?
2. When you envision someone who has a great prayer life, what do you tend to use in order to measure the quality of his or her prayer life? What is it that makes him or her a "prayer warrior" in your eyes?
3. Would you say that you have a good understanding of what prayer is? If so, please share your thoughts on prayer. If not, please share some of the questions you may have about prayer?
4. Read Matthew 6:5-8. How would you summarize what Jesus is teaching here in these verses in regards to prayer? What are some of the things that grab your attention as you read these verses?
5. It says in Matthew 6:8, Jesus says that God already knows what we need and what we will ask for even before we pray. What do you think the point of prayer is if God already knows?
6. In light of what Jesus is saying here in this passage, what is the purpose of prayer? Why is our posture of prayer so important?

CLOSING THOUGHTS

The amazing thing about prayer is that it's not so much that we need to inform God of what's going on in our lives and what we need from Him, as much as it is about His desire to simply be with us. One of the most powerful and incredible truths about prayer is that in praying we get the privilege of drawing near to our Heavenly Father.

What God desires most is to be in an intimate relationship with us. Take some time to reflect and ask yourself: What steps can we take to build that closeness with Him this year?

"6 But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you." – Matthew 6:6