

## Discussion Questions

January 26, 2025

1. Good posture has been connected to positive health benefits. How important is good posture to you? Why or Why not?
2. While the physical posture we hold may be of some value to us, the most important posture is the posture of our hearts. Read 2 Chronicles 6:34-40; 7:14. What is the posture of our heart that is important in these passages?
3. Some verses shared during the message were, Deuteronomy 9:18; Mark 11:25; 2 Samuel 7:18; Psalm 63:6; 1 Timothy 2:8; 1 Kings 8:22-23; John 11:41; 1 Thessalonians 5:17; 1 Kings 18:42; Ephesians 3:14
4. What do we learn about God in the above verses?
5. What do we learn about man/self in the above verses?
6. The Bible has a number of “postures” that people take when in prayer. Doug mentioned at least 10 of them.  
  
Prostrate, Bowing Down, Standing, Sitting, Hands Raised, Hands spread out, eyes and heads lifted, continually (or in motion/walking), Face between knees, Down on your knee or knees
7. Which of the above list do you find the most uncomfortable, either physically or mentally? Why?
8. Which of the above list is your “go -to”? Why?

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