

Life Group Discussion Guide

The Posture of Prayer

Main Idea

Prayer is not primarily about getting something from God. Prayer is about being with God.

Prayer is more than presenting God with a list of needs. It is an invitation to know Him, enjoy His presence, surrender to His will, and depend on His power. Before prayer changes our circumstances, it often changes us. Source: Sermon on Prayer

1. Welcome and Connection

Opening Question

When you think about prayer, which word best describes your current experience?

- Joyful
- Difficult
- Consistent
- Distracted
- Relational
- Uncertain
- Growing

Allow each person to share briefly without feeling pressured to explain everything.

2. Opening Prayer

Leader: Begin by inviting God to guide the conversation.

Father, thank You that we can come into Your presence. Help us to understand prayer not as a religious duty, but as a relationship with You. Teach us to pray, surrender, listen, and seek Your face. Amen.

3. Read the Main Scripture

2 Chronicles 7:14

"If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."

Read the passage together and pay attention to the progression:

1. God calls **His people**.
2. His people **humble themselves**.
3. They **pray**.
4. They **seek His face**.
5. They **turn from sinful ways**.
6. God promises to **hear, forgive, and heal**.

Discuss

1. What stands out to you in this passage?
2. Why do you think humility comes before prayer?
3. What is the difference between seeking God's **face** and seeking only His **hand**?
4. What could healing and restoration look like in our lives, families, church, and community?

Sermon Discussion

4. Prayer Begins with Humility

Prayer starts with recognizing our need for God. Pride says, "I can handle this on my own." Humility says, "God, I need You."

Supporting Scriptures

- **James 4:6-10:** God gives grace to the humble and calls us to draw near to Him.
- **Luke 18:9-14:** Jesus contrasts proud prayer with the humble prayer of the tax collector.
- **Psalms 51:17:** God welcomes a broken and repentant heart.

Discussion Questions

1. What does humility before God look like practically?
2. Where are you still trying to stay in control?
3. How can prayer help you move from control to surrender?

Personal Reflection

Complete this sentence privately or share it with the group:

"God, today I surrender _____ to You."

5. Prayer Is About Relationship Before Requests

Jesus taught His disciples to begin with "Our Father." Prayer is not a business meeting with a distant God; it is conversation with a loving Father. The greatest gift of prayer is access to God Himself.

Supporting Scriptures

- **Matthew 6:6-9:** Jesus teaches us to pray personally and approach God as Father.
- **Romans 8:15-16:** Through the Holy Spirit, we can call out to God as our Father.
- **John 15:4-7:** Jesus invites us to remain connected to Him.

Discussion Questions

1. How does seeing God as Father change the way you approach prayer?
2. Do your prayers focus more on God's presence or on your requests?
3. What would it look like to enjoy God's presence this week?

Group Exercise

Spend one minute in silence. Do not ask God for anything. Simply become aware of His presence and thank Him for who He is.

6. Prayer Aligns Our Hearts with God's Will

Prayer is not about convincing God to support our plans. It is about allowing God to align our hearts with His purposes.

Supporting Scriptures

- **Matthew 6:10:** Jesus teaches us to pray for God's kingdom and will.
- **Luke 22:41-42:** Jesus surrenders His own will to the Father.
- **Romans 12:1-2:** A transformed mind helps us recognise God's will.

Discussion Questions

1. Why can it be difficult to pray, "Your will be done"?
2. Have you experienced prayer changing you rather than your situation?
3. What do you need to trust God with this week?

Key Question

Instead of only asking, "God, will You bless what I am doing?" how can we begin asking, "God, what are You doing, and how can I join You?"

7. Prayer Is Powerful Because God Is Powerful

Prayer is powerful because of the God who hears us. Our confidence is not in our words or formulas, but in God's ability to act.

Supporting Scriptures

- **James 5:16-18:** The prayer of a righteous person is powerful and effective.
- **Ephesians 3:20-21:** God can do more than we ask or imagine.
- **Philippians 4:6-7:** Prayer replaces anxiety with God's peace.

Discussion Questions

1. Why do people sometimes struggle to believe that prayer makes a difference?
2. What testimony of answered prayer has encouraged your faith?
3. How should we respond when God's answer is "wait" or looks different from what we expected?

Important Reminder

God's power does not mean that every prayer will be answered exactly as we expect. Prayer teaches us to trust God's wisdom, timing, character, and purposes.

8. Prayer Brings Healing and Restoration

In 2 Chronicles 7:14, healing is connected to humility, prayer, seeking God, and repentance. Restoration begins when God's people return to His presence and allow Him to change their hearts.

Supporting Scriptures

- **Psalms 147:3:** God heals the broken-hearted.
- **James 5:13-16:** Believers are encouraged to pray for one another.
- **1 John 1:9:** God forgives and cleanses those who confess their sins.

Discussion Questions

1. Where do you see a need for healing or restoration?
2. What is the relationship between prayer and repentance?
3. What might change if our church became known as a humble, praying church?

9. Making Prayer Practical

The sermon uses **P-R-A-Y-E-R** as a simple guide to develop a balanced and relational prayer life.

P: Praise

Begin by worshipping God for who He is.

Supporting Scripture: Psalm 100:1-5; Psalm 145:1-3

Prayer prompt:

"Father, I praise You because You are _____."

R: Relationship

Spend time enjoying God's presence. Speak to Him honestly and listen quietly.

Supporting Scripture: Romans 8:15; John 15:4

Prayer prompt:

"Father, thank You that I belong to You and can come into Your presence."

A: Alignment

Surrender your plans, desires, and decisions to God's will.

Supporting Scripture: Matthew 6:10; Luke 22:42

Prayer prompt:

"Lord, align my heart with Your heart. Let Your will be done in my life."

Y: Your Needs

Bring your personal needs to God openly and specifically.

Supporting Scripture: Philippians 4:6-7; Matthew 7:7-11

Prayer prompt:

"Father, this is what I need, but I trust Your wisdom and timing."

E: Everybody Else

Pray for your family, friends, church, leaders, community, and nation.

Supporting Scripture: 1 Timothy 2:1-4; Ephesians 6:18

Prayer prompt:

"Lord, please work in the life of _____."

R: Resistance

Ask God for strength to resist temptation, discouragement, division, and spiritual attack.

Supporting Scripture: Matthew 6:13; James 4:7; Ephesians 6:10-18

Prayer prompt:

"Lord, strengthen and protect me. Help me to stand firm and remain faithful."

10. Weekly Application

Invite each person to choose **one** practical commitment:

- Spend ten minutes in prayer each day.
- Begin prayer with praise before making requests.
- Seek God's presence without asking for anything.
- Pray with your spouse, family, or a friend.
- Surrender one concern you have been trying to control.

Accountability Question

What is one specific change you will make in your prayer life this week?

Ask group members to encourage one another during the week.

11. Group Prayer Activity

Divide the group into pairs or small groups. Use the **P-R-A-Y-E-R** pattern, spending one or two minutes on each section.

Pay special attention to:

- People who need healing
- Marriages and families
- Children and young people
- The church and its leaders
- The local community
- The nation
- Those who do not yet know Jesus
- Personal areas of surrender and spiritual growth

12. Closing Declaration

Invite everyone to open their hands as a physical expression of surrender and say together:

Lord, we humble ourselves before You. We seek Your face before we seek Your hand. We come with surrendered hearts, not demands. Teach us to pray and to love Your presence. Align our hearts with Your will. Heal our hearts, homes, church, community, and land. Help us become people who depend on You. We want to know You and be with You. Amen.

Final Thought

Before prayer changes our circumstances, prayer changes us. Before prayer moves the hand of God, prayer draws us closer to the heart of God.