



BODY LANGUAGE: PRAY WITH YOUR BODY

Assorted passages
November 9
Pastor Brad Henderson

CONNECT WITH ONE ANOTHER

- **Follow Up:**

Did you practice breath and set prayers this week?
How did it go?

- **Sermon Question:**

What did you enjoy most about this Sunday's sermon?

LOOK AT THE SCRIPTURES

- Where in Scripture do you see people practicing a specific posture of prayer?
- What do you think prompted each person to take that particular posture in prayer?

APPLY TO OUR LIVES

- When you think about your prayer posture, is there a specific posture that helps you stay focused and aligned as you pray?
- Of the three prayer postures mentioned in the sermon, which one feels the most unfamiliar or uncomfortable for you? Why do you think that is?
- Which prayer posture will you intentionally practice this week? Share with the group why you chose that posture

PRAY FOR ONE ANOTHER

- Collect prayer requests and pray for one another.