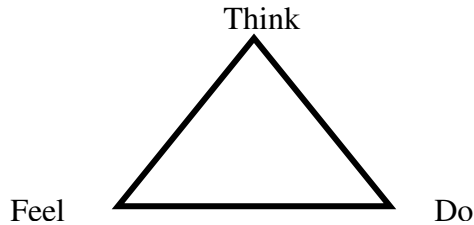


**Week 14**  
**Prayer (Posture)**

*“Come, let us bow down in worship, let us kneel before the Lord our Maker.” – Ps 95:6*

*In psychology I learned about the little diagram shown below called the think-feel-do triangle.*



*The triangle demonstrates how the different dimensions of our life are interconnected. The way we think affects how we feel and what we do. The way we feel affects how we think and what we do. Our actions affect how we think and how we feel. They are all related to one another. Understanding this interconnection has some implications on our prayer lives because it indicates that both our emotions and our body actions will affect our prayers (think).*

*The focus of this week’s spiritual discipline centers on the importance of our posture during prayer. In the Scriptures there are several different postures mentioned associated with prayer including: lying face down, kneeling, standing, lifting hands, bowing, and lying down. Our posture says something about the inner posture of our minds and it is surprising what a difference changing your prayer posture makes on your prayers.*

*When we pray with our faces to the ground...we enter prayer humbly and with reverence.*

*When we pray bowing down...we remember we are coming into the presence of our king.*

*When we pray with hands lifted up...we have the sense of reaching out to God.*

*When we pray our whole being is involved; our minds, our emotions, and our bodies. Pray with all your heart, mind, soul, and strength.*

**This Week**

- Deliberately adopt new postures during prayer each day. Try kneeling, bowing, lifting hands, lying down...and notice how your posture connects to your heart of prayer.

**Week 14**

**Apr 4-10**

<b>Sun</b> Easter	<i>What specific action can you do this week related to your growth goals?</i>			<b>4</b>
<b>Hebrews (1)</b>				
<b>Mon</b>	Num 13	Luke 1	Psa 66	<b>5</b>
<b>Tue</b>	Num 14	Luke 2	Psa 67	<b>6</b>
<b>Wed</b>	Num 15	Luke 3	Psa 68	<b>7</b>
<b>Thr</b>	Num 16	Luke 4	Psa 69	<b>8</b>
<b>Fri</b>	Num 17,18	Luke 5	Psa 70	<b>9</b>
<b>Sat</b>				<b>10</b>
Jesse Flick, Gwen Geyer				