



How Do I Start?

Processing

Position Posture Place Presence

The video suggests a thoughtful base for your entry into a more fluid prayer relationship with God using the function of Position, Posture, Place and Presence. Have a conversation with your coach or discipler to further process these functions.

Which of those four are a regular function in your time in prayer?

Which of those four raise a new perspective and approach to your prayer relationship with God?

Which of those four suggest a new practice to bring a deeper or more consistent quality to your prayer relationship with God?

The examples of structure for your prayer time are simply two examples. Some may insist that shooting “arrow prayers” toward God as needed throughout the day is the best system for them but working with some structure is accepting the discipline to grow and learn as you pray. Accepting one of these examples for a period of time be it one month or twelve will help you not only grow more expressive in your prayers, but also listen to God’s side of the conversation. Talk with your coach or discipler about a structure you use, or which of the two examples you would consider adopting for a time.

Do you think using a consistent structure for your small group prayer time would be a tool for growth in your groups experience of prayer together?