

# Psalm 28

Author: David

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Waiting and understanding prayer's real purpose drives us to a new position of prayer. As we expose our humanity and emotion to God we recognize the real Communicator of our prayers is the Holy Spirit.

## The Posture of Prayer

*"Practical prayer is harder on the soles of your shoes than on the knees of your trousers."* ~Austin O'Malley

"Let's take our places on our faces" is the prayer challenge speaker and Bible teacher Beth Moore presented her audience. As I accepted the challenge I wondered how my posture could change my prayer life. It is impossible to measure the effect the posture had on my prayers but this new posture deeply changed the one praying.

Kneeling and/or lifting hands to the Most Holy Place (V2) offers the opportunity to applaud, acknowledge, and respect God's leadership. He is more inclined to speak and share secrets with those who humbly position themselves to listen. God lifts the head of (Js.4:10) and gives grace to the humble (Js.4:6).

## Read James 4:6

What is God's response to the proud?

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There is nothing mystical or magical about kneeling. Physical limitations forbid many to kneel to pray. God looks upon the heart. A humble heart is just as beautiful and submissive to the Lord as a bent knee.

## The Path of Prayer

*"When you pray, rather let your heart be without words than your words without heart."* ~John Bunyan

The scans don't come back clear. He leaves anyway. She continues to abuse her body. Life presents cruel and harsh circumstances. We know prayer will make a difference but wonder what to pray and come to God without words.

Our prayers follow a path from our heart, mind, and lips to the Holy Spirit who communicates to our Heavenly Father the spirit of our words. When a heart that is right with God is combined with the power of the Communicator (the Holy Spirit) our prayers can not be messed-up or misinterpreted. Check out the facts.

## Read Romans 8:26-27

What does the Holy Spirit help us pray?

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*"No one is a firmer believer in the power of prayer than the devil; not that he practices it, but he suffers from it."* ~Guy H. King. Let's make our enemy suffer!!!

## Personal Reflection and Application

What has God revealed to me in this lesson? How will I respond?

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