



“Postures of the Heart”

Matthew 6:9-13 (NIV)

“This, then, is how you should pray:

“Our Father in heaven,
hallowed be your name,

¹⁰ your kingdom come,
your will be done,

on earth as it is in heaven.

¹¹ Give us today our daily bread.

¹² And forgive us our debts,
as we also have forgiven our debtors.

¹³ And lead us not into temptation,
but deliver us from the evil one.

Matthew 6:5-8 (NIV)

“And when you pray, do not be like the hypocrites, for they love to pray standing in the synagogues and on the street corners to be seen by others. Truly I tell you, they have received their reward in full. ⁶ But when you pray, go into your room, close the door and pray to your Father, who is unseen. Then your Father, who sees what is done in secret, will reward you. ⁷ And when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. ⁸ Do not be like them, for your Father knows what you need before you ask him.

3 Postures of the Heart

1. Intention

Q-Why am I doing this?

2. Intimacy

Q- Who am I doing this with?

3. Intentionality

Q - How am I approaching this?

Exercise in Prayer

A-Adoration:

Praise God for who He is - His character, goodness, constancy, compassion, love....

C-Confession:

Admit sins both revealed and unrevealed and ask the Lord for forgiveness.

T-Thanksgiving:

Thank God for what he has already done. His blessings, goodness, and provisions.

S-Supplication:

Bring requests to God for yourself and others.