

A black and white photograph of a person's hands clasped in prayer, set against a dark background. The person is wearing a dark, textured sweater. The hands are positioned on the left side of the frame, with fingers interlaced. The text 'Prayer First Posture' is overlaid on the right side of the image in a white, elegant script font.

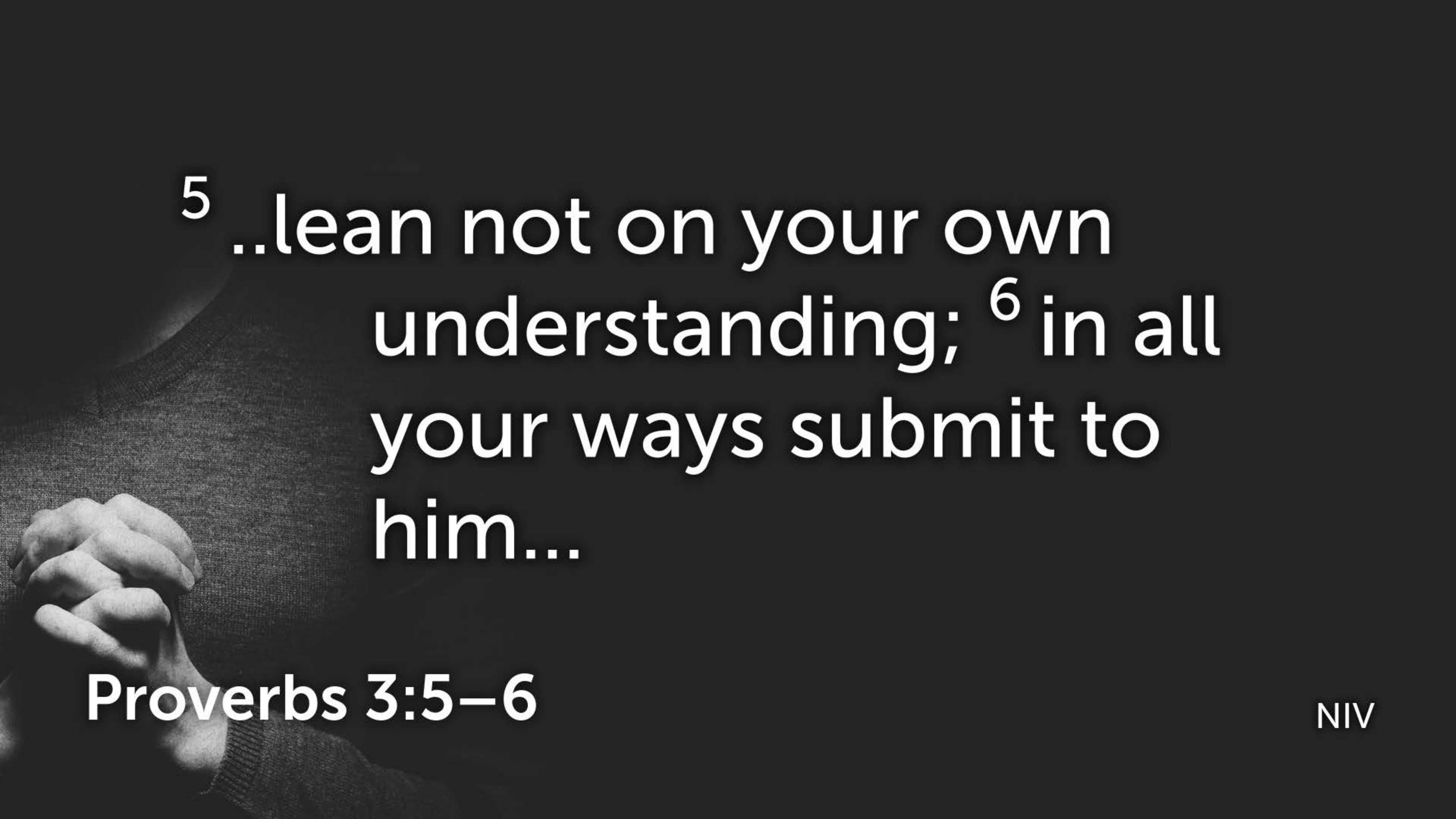
Prayer  
First  
Posture



30 "He must increase, but I  
must decrease.

**John 3:30**

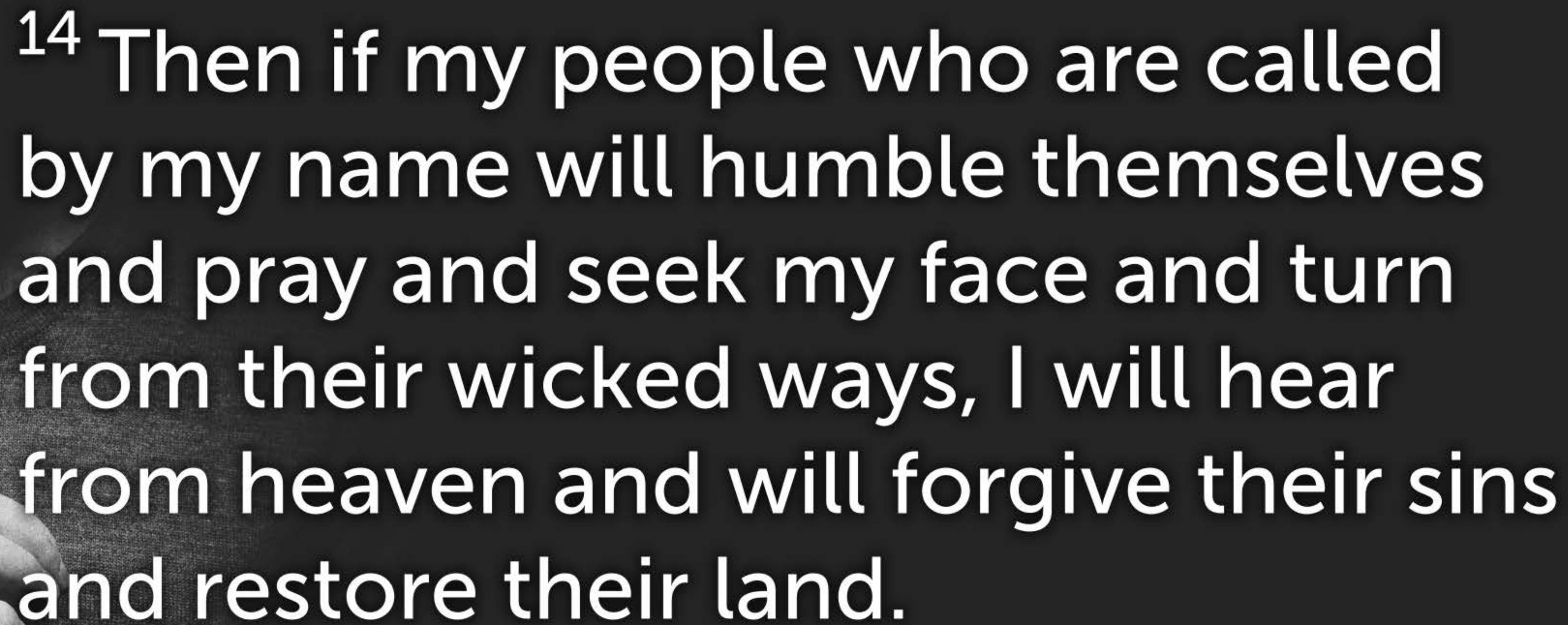
NASB95



<sup>5</sup> ..lean not on your own  
understanding; <sup>6</sup> in all  
your ways submit to  
him....

**Proverbs 3:5–6**

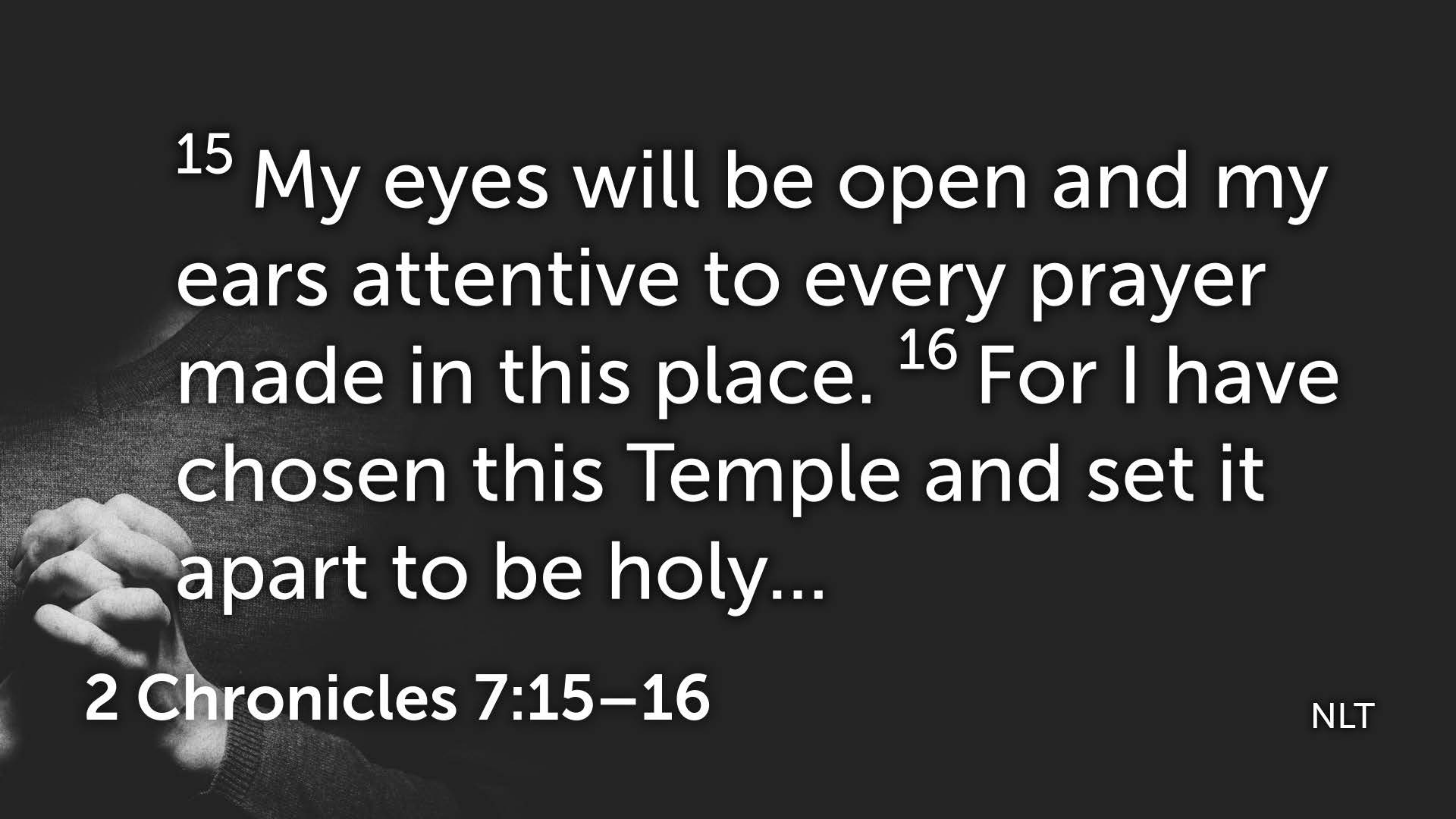
NIV



**14** Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways, I will hear from heaven and will forgive their sins and restore their land.

**2 Chronicles 7:14**

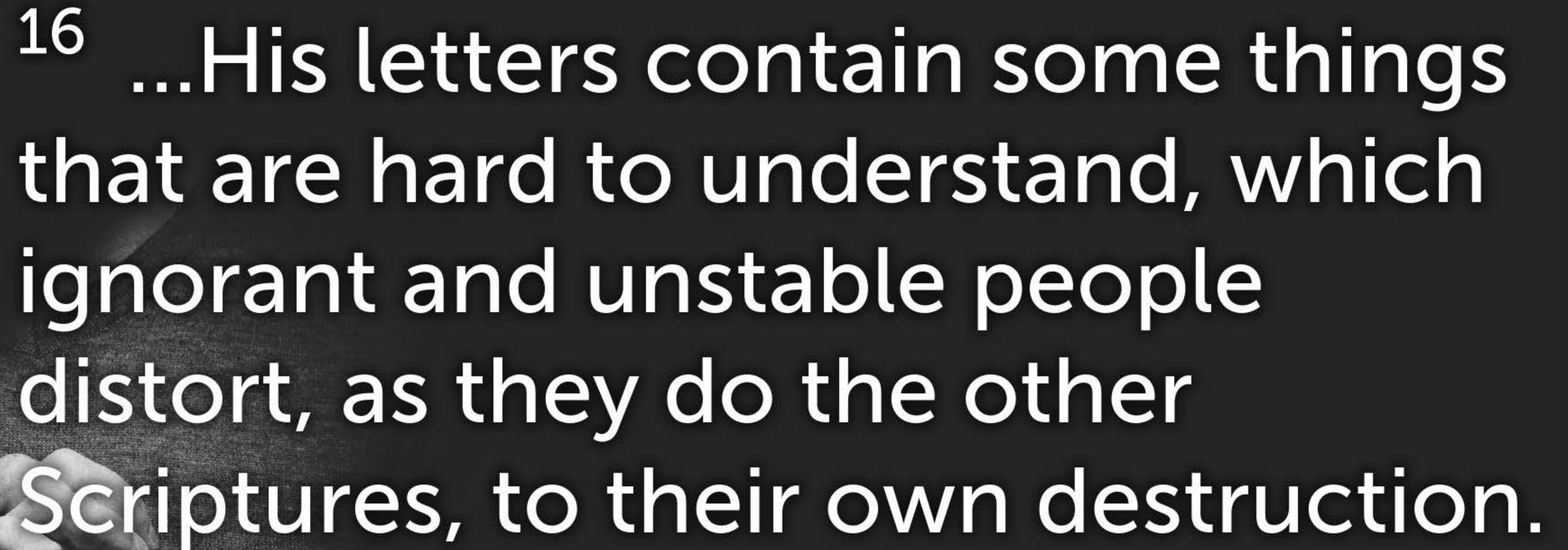
NLT



**15** My eyes will be open and my ears attentive to every prayer made in this place. **16** For I have chosen this Temple and set it apart to be holy...

**2 Chronicles 7:15–16**

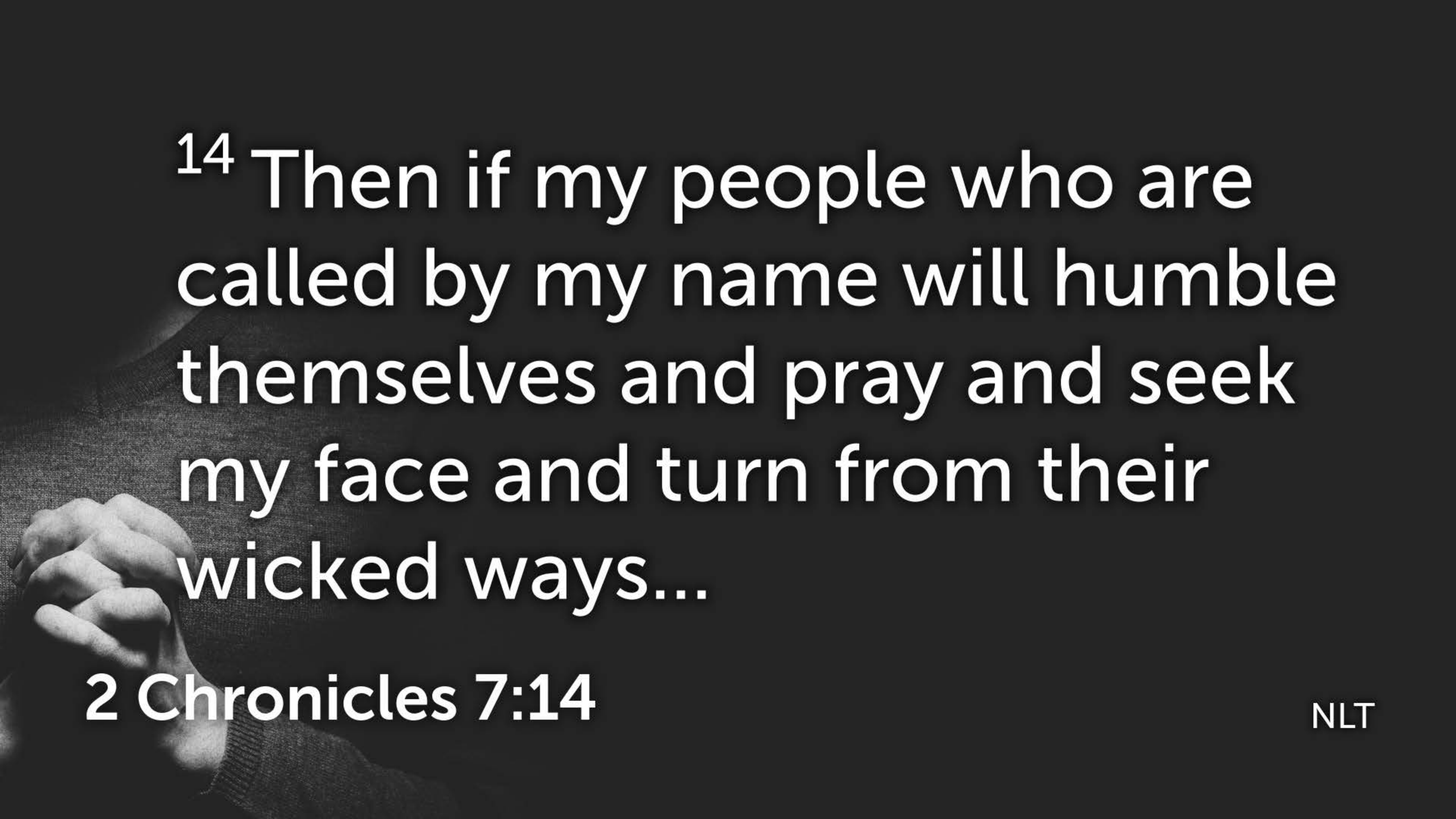
NLT



**16** ...His letters contain some things that are hard to understand, which ignorant and unstable people distort, as they do the other Scriptures, to their own destruction.

**2 Peter 3:16**

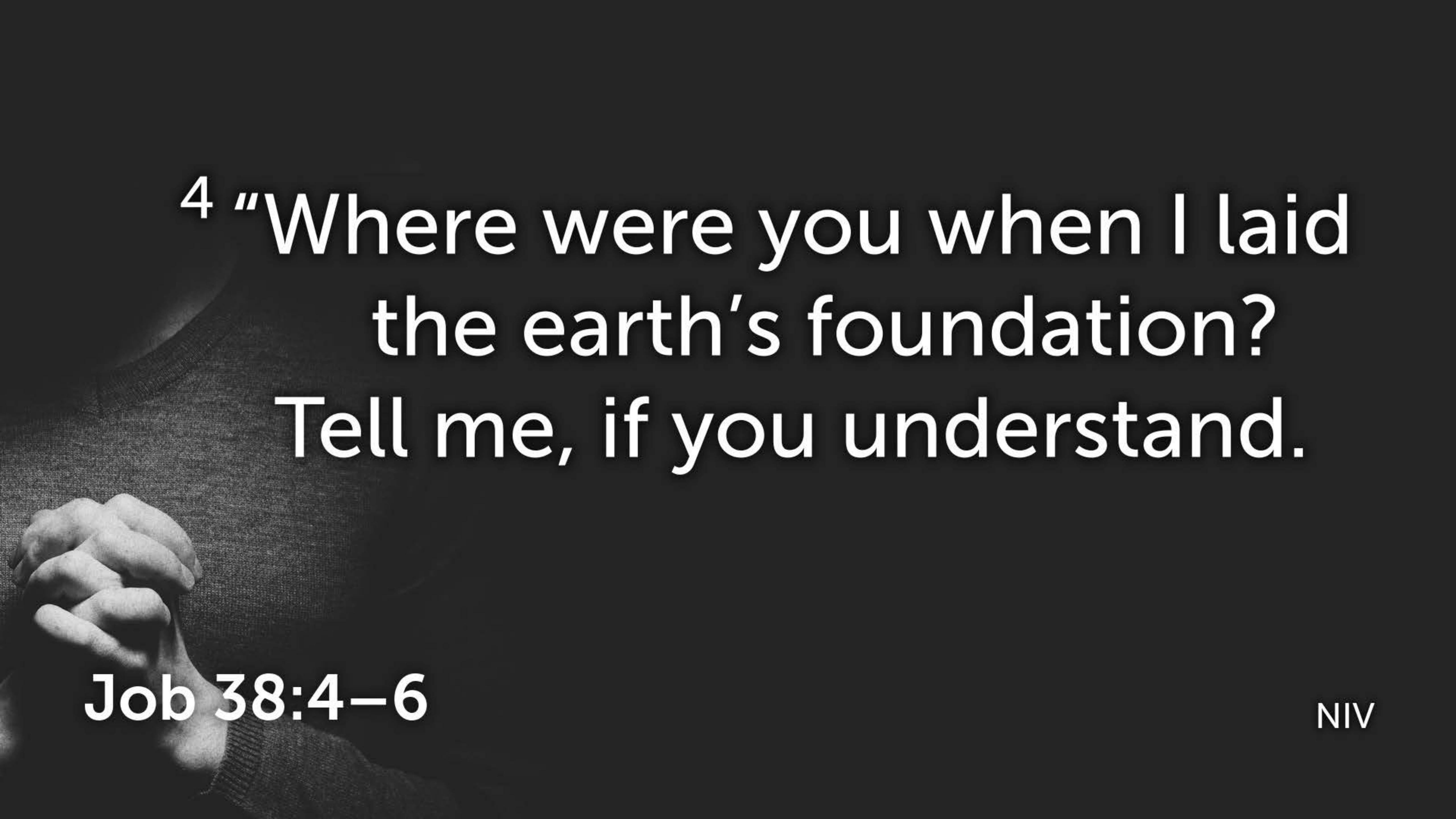
NIV



**14** Then if my people who are called by my name will humble themselves and pray and seek my face and turn from their wicked ways....

**2 Chronicles 7:14**

NLT



<sup>4</sup> “Where were you when I laid  
the earth’s foundation?  
Tell me, if you understand.

**Job 38:4–6**

NIV

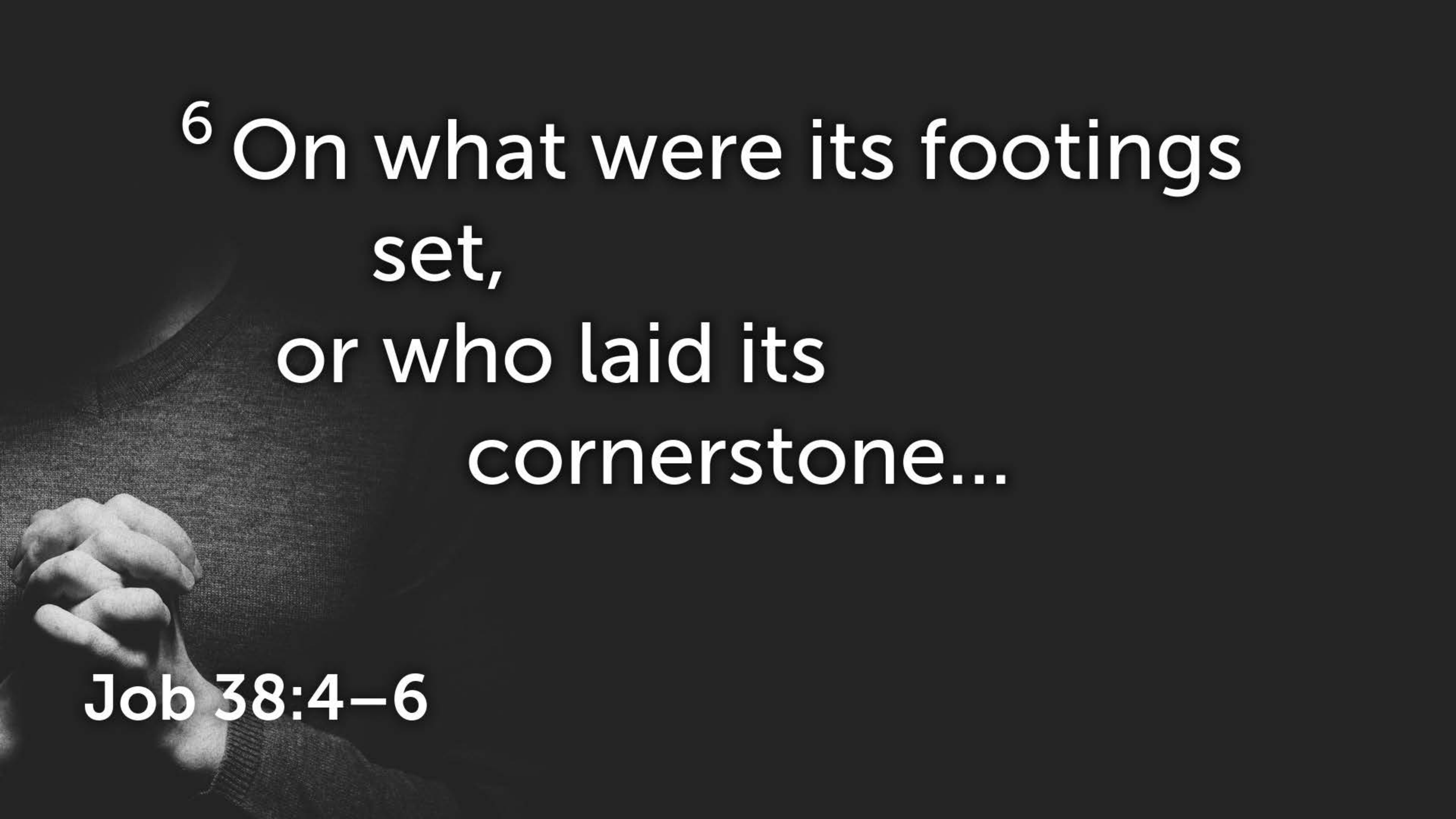




<sup>5</sup> Who marked off its  
dimensions? Surely you  
know!

Who stretched a measuring  
line across it?

**Job 38:4–6**



<sup>6</sup> On what were its footings  
set,  
or who laid its  
cornerstone...

**Job 38:4–6**

A black and white photograph of a person's hands clasped in prayer, positioned on the left side of the frame. The person is wearing a dark, textured sweater. The background is a solid, dark color. The text 'Prayer First Posture' is overlaid on the right side of the image in a white, elegant, cursive font.

Prayer  
First  
Posture

**PRAY**



# PRAY

P - Praise



# PRAY

P - Praise

R - Repent



# PRAY

P - Praise

R - Repent

A - Ask



# PRAY

P - Praise

R - Repent

A - Ask

Y - Yield





# ACTS



# ACTS

A - Adoration



# ACTS

A - Adoration

C - Confession



# ACTS

A - Adoration

C - Confession

T - Thanksgiving



# ACTS

A - Adoration

C - Confession

T - Thanksgiving

S - Supplication



# HEART



# HEART

H - Honor God



# HEART

H - Honor God

E - Examine your life





# HEART

H - Honor God

E - Examine your life

A - Ask for help



# HEART

H - Honor God

E - Examine your life

A - Ask for help

R - Requests for Others

# HEART

H - Honor God

E - Examine your life

A - Ask for help

R - Requests for Others

T - Thank God

A black and white photograph of a person's hands clasped in prayer, set against a dark background. The person is wearing a dark, textured sweater. The hands are positioned on the left side of the frame, with fingers interlaced. The overall mood is solemn and focused.

Prayer  
First  
Posture

# Lectio Divina

Latin for: "Spiritual Reading"



# Lectio Divina

Latin for: "Spiritual Reading"

4 Steps/Movements:

READ

REFLECT

RESPONSE

REST

# Lectio Divina

READ: Slowly, Prayerfully, & Intentionally  
Pay attention to words/phrases that  
resonate or speak to you



# Lectio Divina

REFLECT: Read again slowly, pause over the words/phrases that resonate. Allow them to fill your heart and mind as you consider them.





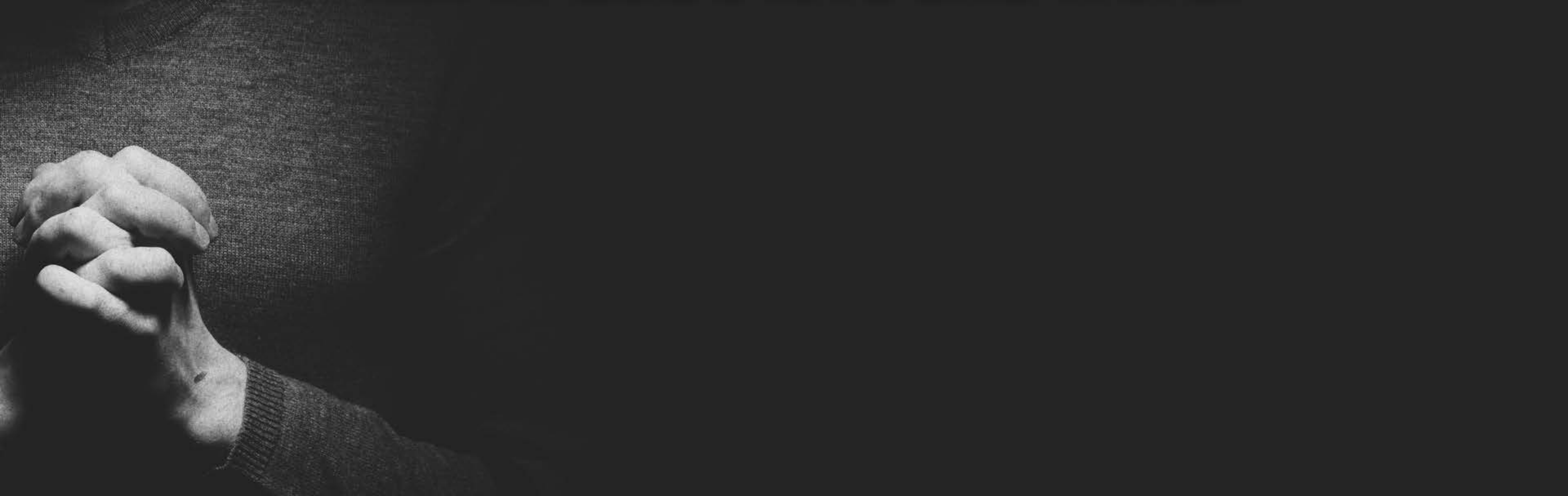
# Lectio Divina

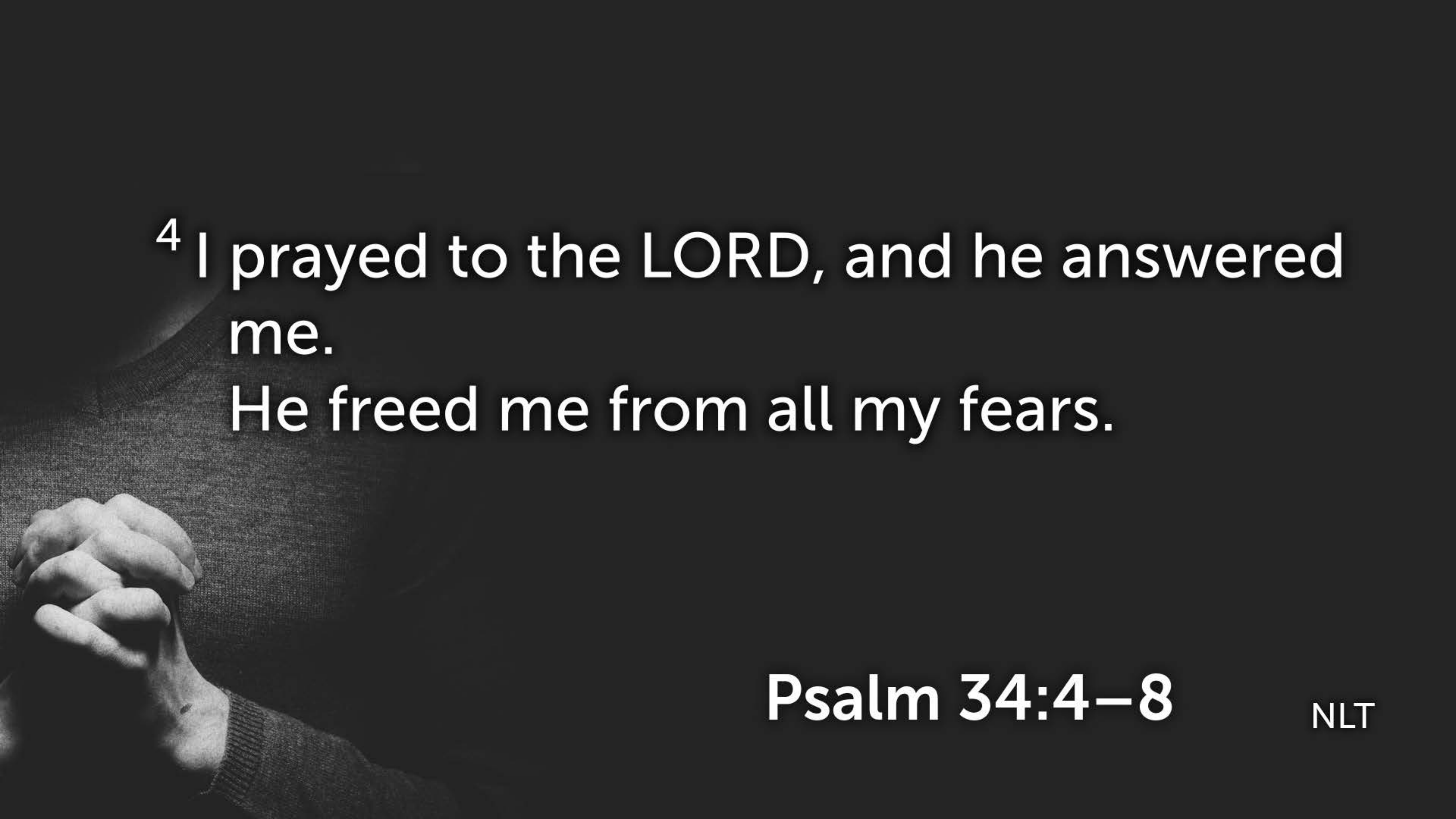
**RESPONSE**: Pray your impressions back to God . Tell Him how is the scripture striking you. Tell Him what it brings to mind.



# Lectio Divina

REST: Rest in silence. Slow your mind & breath. Rest in God's love and Word.

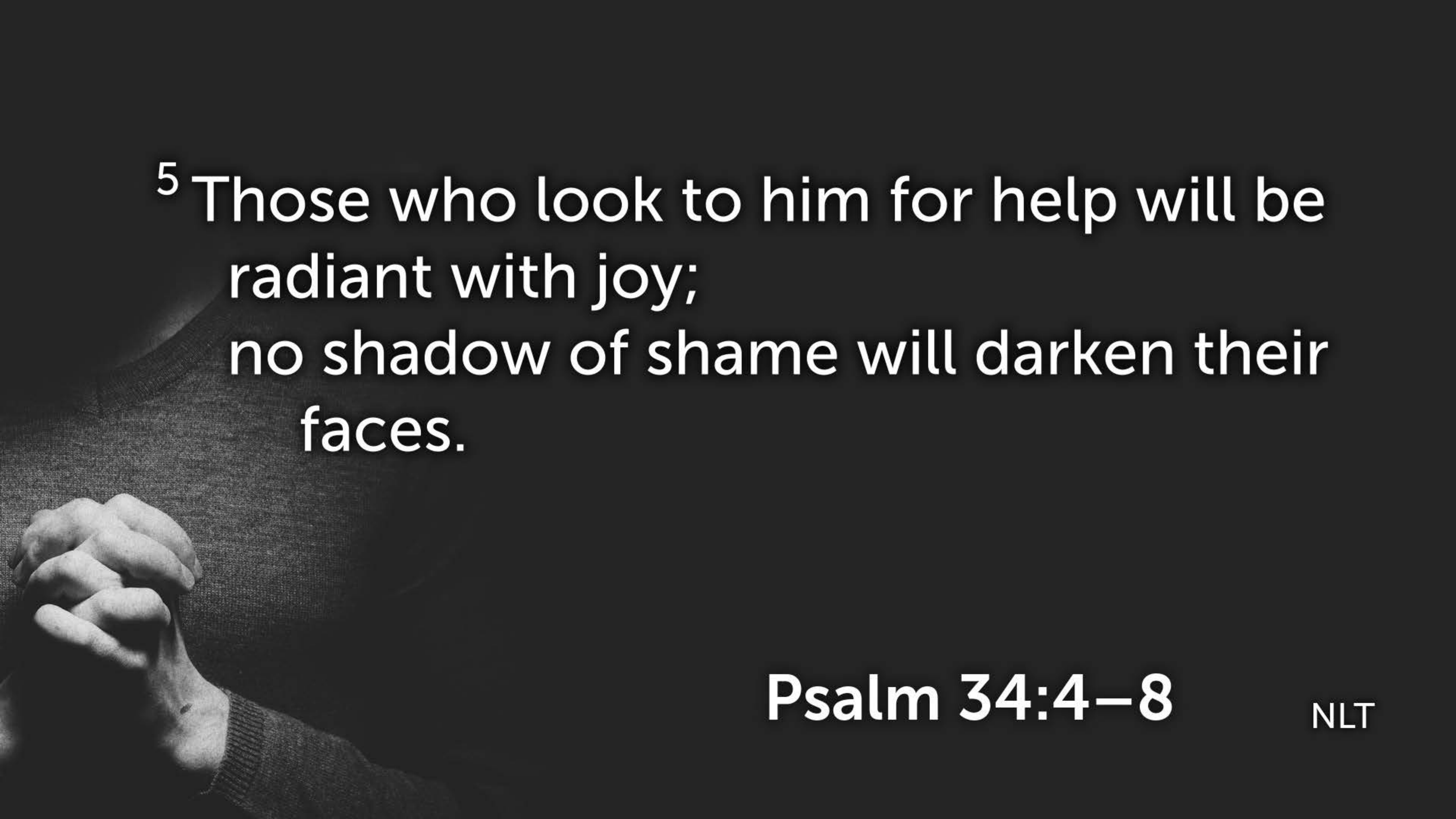




<sup>4</sup> I prayed to the LORD, and he answered  
me.  
He freed me from all my fears.

**Psalm 34:4–8**


NLT



<sup>5</sup> Those who look to him for help will be  
radiant with joy;  
no shadow of shame will darken their  
faces.

**Psalm 34:4–8**

NLT

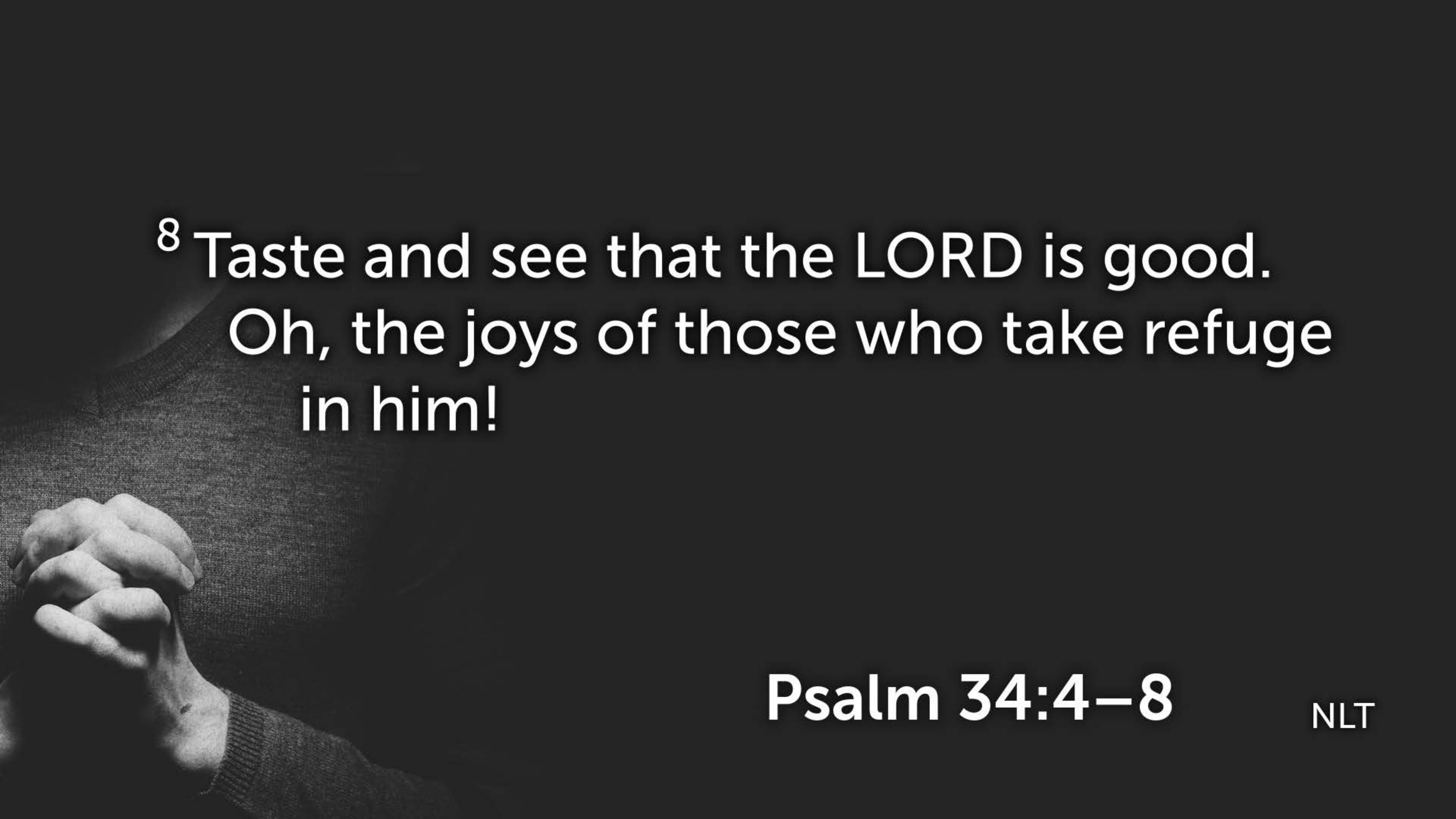


<sup>6</sup> In my desperation I prayed, and the  
LORD listened;  
he saved me from all my troubles.

<sup>7</sup> For the angel of the LORD is a guard;  
he surrounds and defends all who fear  
him.

**Psalm 34:4–8**

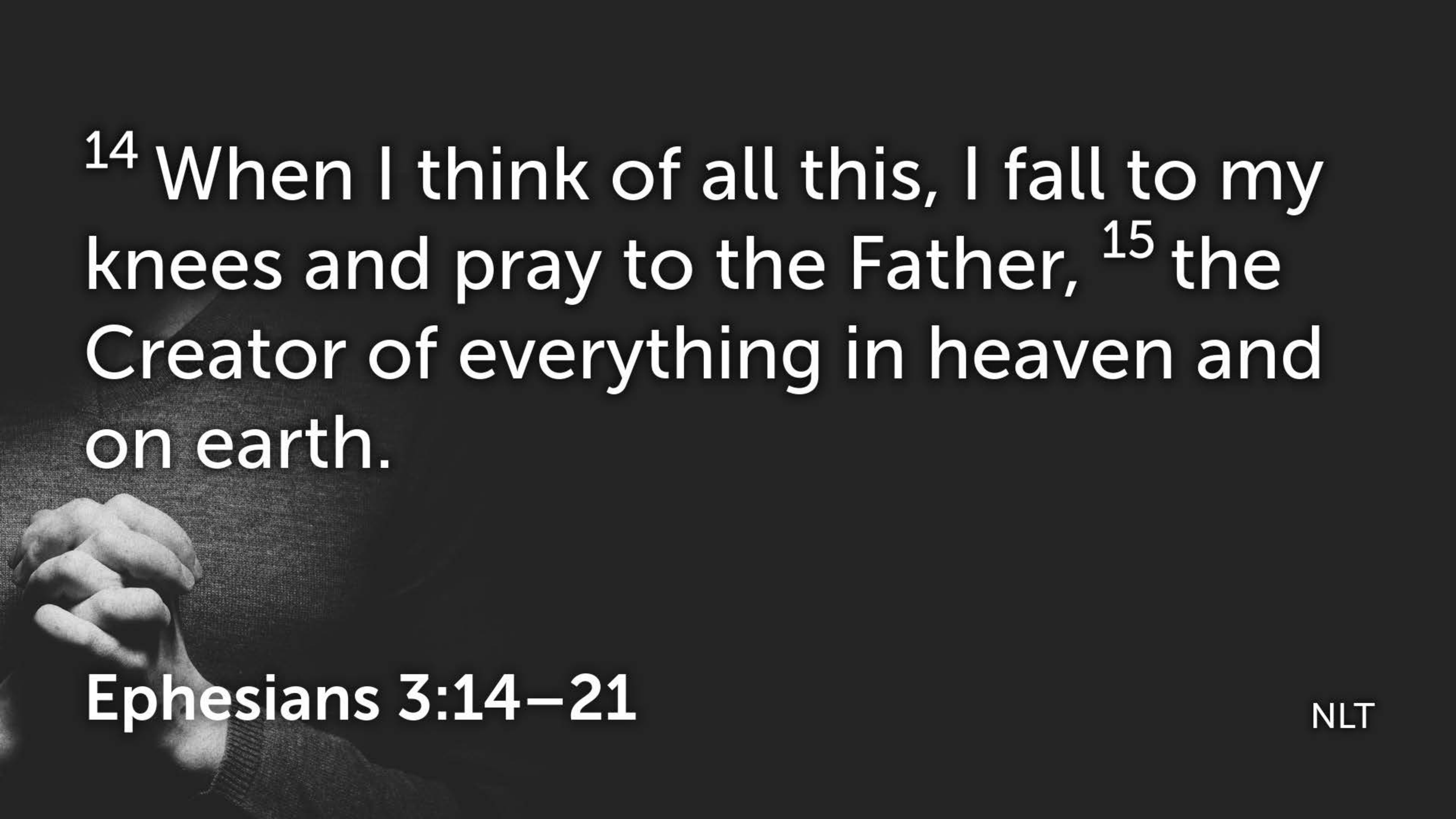
NLT



<sup>8</sup> Taste and see that the LORD is good.  
Oh, the joys of those who take refuge  
in him!

**Psalm 34:4–8**

NLT



**14** When I think of all this, I fall to my knees and pray to the Father, **15** the Creator of everything in heaven and on earth.

**Ephesians 3:14–21**

NLT

<sup>16</sup> I pray that from his glorious,  
unlimited resources he will empower  
you with inner strength through his  
Spirit.

**Ephesians 3:14–21**

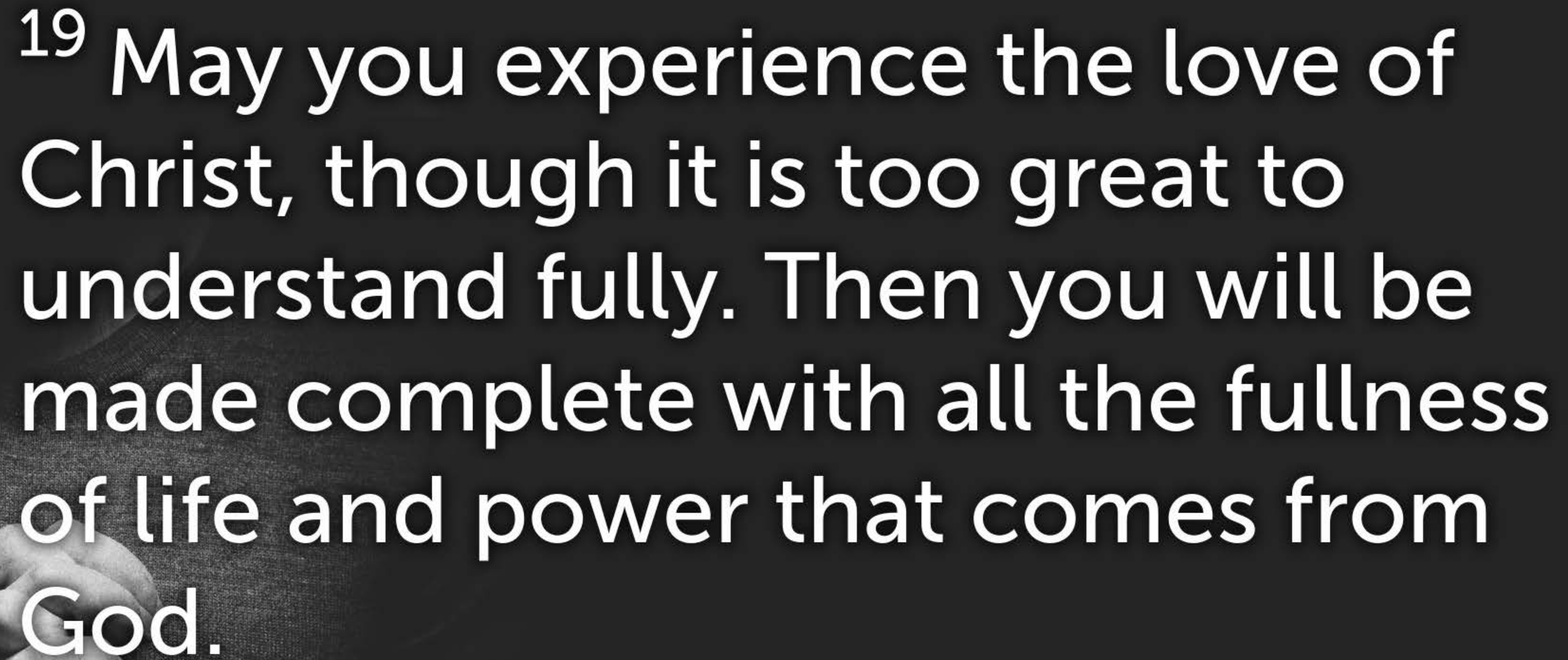


**17** Then Christ will make his home in your hearts as you trust in him. Your roots will grow down into God's love and keep you strong.

**Ephesians 3:14–21**

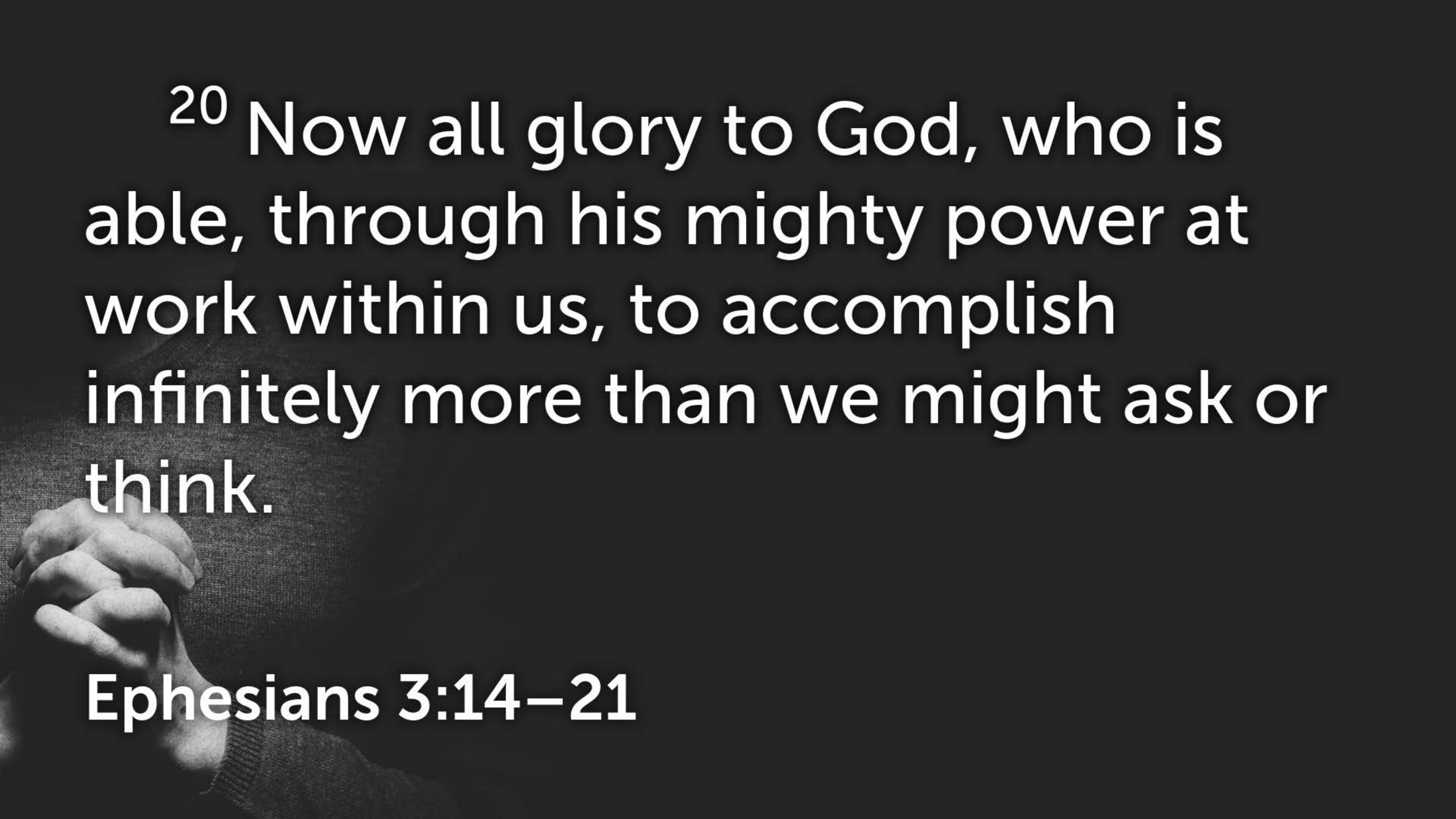
**18** And may you have the power to understand, as all God's people should, how wide, how long, how high, and how deep his love is.

**Ephesians 3:14–21**



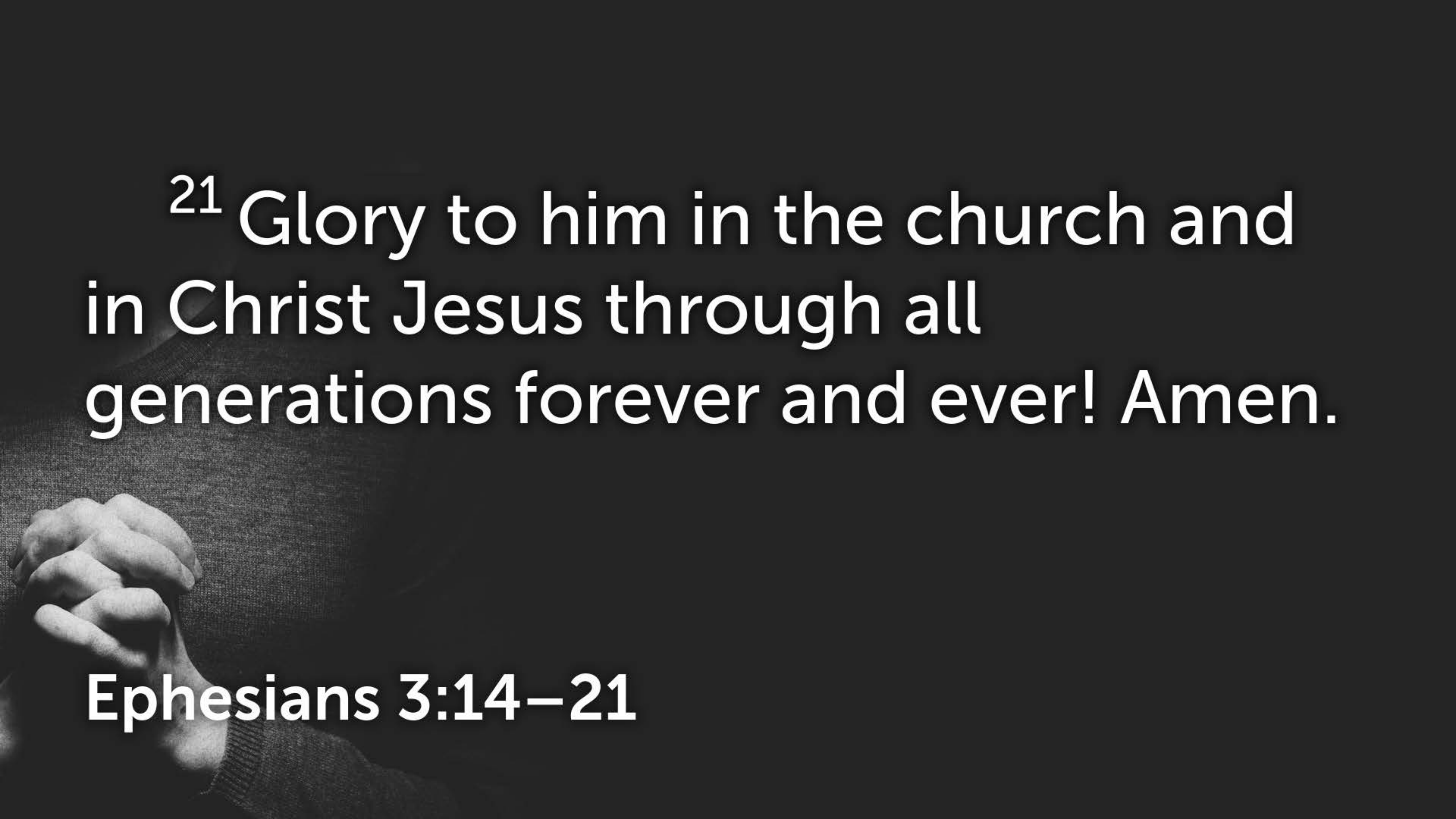
<sup>19</sup> May you experience the love of Christ, though it is too great to understand fully. Then you will be made complete with all the fullness of life and power that comes from God.

**Ephesians 3:14–21**



<sup>20</sup> Now all glory to God, who is able, through his mighty power at work within us, to accomplish infinitely more than we might ask or think.

**Ephesians 3:14–21**



<sup>21</sup> Glory to him in the church and  
in Christ Jesus through all  
generations forever and ever! Amen.

**Ephesians 3:14–21**