



Girls in Prayer

Prayer Postures

Summary—This leader-directed group activity requires little preparation, but will be an interactive and engaging way to try on new and perhaps unfamiliar postures of prayer found in the Psalms. Girls will have an opportunity to learn from Scripture that prayer can be active and lively, as well as silent and reverent.

Supplies needed

- Prayer Posture Leader Instructions
- Prayer Posture handout for each girl to take home

Room Prep Instructions

Make sure there is a lot of empty space for the girls to “fall flat” and “kneel”. Bring a device to play a pre-recorded worship song or have a Leader bring a guitar or other musical instrument to lead a song during “Sing.”

Other Information/Tips

The more the Leaders and older girls engage and participate in this activity the more the younger girls will have courage to try activities that are new. We lead by demonstrating willingness to learn, grow and stretch in the area of prayer.

This would be a perfect opportunity for Pioneers or Patriots to lead!





Girls in Prayer

Prayer Postures Instructions

Guiding Prompts for the Directing Leader

Leader reads aloud: *What is posture?*

Posture is simply the way we use our bodies to demonstrate our emotions.

Our posture could be the way we stand or sit, our facial expressions, or the way we express ourselves with our bodies. It's kind of like a full body emoji, you know those smiley faces we can use on phones.

DO: A quick illustrative activity

Have the group demonstrate different emojis on their own face (facial expressions) for the following scenarios.

“Show me the emoji you would use if ...”

- you're eating a food you don't like
- your dog just drooled on a book you've been reading
- you just stubbed your toe
- you see your best friend after she's been on vacation for two weeks

“Now show me your full body emoji if ...”

- you are opening a birthday present
- you just received a bad grade on something
- you are annoyed with your brother or sister
- you are waiting in line for a roller coaster
- you are in the middle of a 20-hour road trip
- your teacher is boring you
- your teacher is showing you something really interesting

Leader reads aloud: *Why is our posture significant while we pray?*

Much like our faces and posture express the way we are feeling towards others and revealing how we feel to ourselves, so our posture can express our feelings to God.

ASK—How would our behavior change if the president of our country walked into the room? What if it was your parent or your friend? Would we change how we acted?

Sure, some things would change based on the way we are approaching our holy God. It's always appropriate to bow our heads because He is our King, but since He is also our Father and Friend, sometimes we might respond differently. The book of Psalms in the Old Testament is full of prayers using different postures, or ways to pray.

Today we are going to try praying in eight different postures. Some of these may be new to you and may feel awkward and that's ok. Today, it is just important for us to try and participate as a way of learning and showing God we care.

(Leader begin by praying and asking God to help us learn new ways to pray and for Him to receive glory and honor as you do!)

Leader reads aloud: *Prayer Posture—Sing*

Psalm 96:1 says, *Sing a new song to the LORD. All you people of the earth, sing to the LORD.*

When we sing it is often an expression of joy or happiness to God (although we see for other reasons too.)

As a group let's sing together a song of joy. Choose a song you think your girls will know well, an option you may consider, *This is the Day*. You may want to use a device to play music to sing with or have someone lead a song.

DO: To get ready for the next posture, have the girls move around the room, each girl finding a new place to stand or sit.

Leader reads aloud: *Prayer Posture—Stand*

Psalm 26:12 says, *My feet stand on level ground. In the whole community I will praise the LORD.*

When we stand to pray it gives us a sense of security and shows confidence in God with whom we stand.

Silently thank God for the security and confidence you have in Him.

DO: To get ready for the next posture, have the girls move around the room, each girl finding a new place to stand or sit.

Leader reads aloud: *Prayer Posture—Speak*

Psalm 51:15 says, *Lord, open my lips so that I can speak. Then my mouth will praise you.*

Speaking words out loud, especially prayers to God, helps us remember that talking to God is real, that He is a real person and this is a real conversation.

To practice speaking out loud, we are going to pray thanking God for the things we are thankful for. So, from where you are standing you can just jump in and tell God something you are thankful for, and maybe you will want to take more than one turn as we pray and that's ok too. (It may be a good idea to have one leader start/open in prayer and another close after the girls start to slow down with things they are thankful for.)

DO: To get ready for the next posture, have the girls move around the room, each girl finding a new place to stand or sit.

Leader reads aloud: *Prayer Posture—Kneel*

Psalm 95:6 says, *Come, let us bow down and worship him. Let us fall on our knees in front of the LORD our Maker.*

Kneeling is a sign of respect, kind of like kneeling before a king. But also with kneeling, comes enough respect to listen to whoever you are kneeling before.

So let's practice kneeling before God and silently tell Him that He is your authority and that you want to listen for what He wants to tell you through the Holy Spirit.

DO: To get ready for the next posture, have the girls move around the room, each girl finding a new place to stand or sit.

Leader reads aloud: *Prayer Posture—Lift Up*

Psalm 134:2 says, *Lift up your hands in the temple and praise the LORD.*

Having open hands or lifted up hands is a sign of giving or giving back.

So let's have a time of prayer with lifted hands where everyone gives back praise to God for something—that He is kind, patient, faithful, forgiving, the talent-giver, creator, etc. This is different than thanksgiving because we are going to tell Him why we think He is good. Lifted up hands are a sign of worship.

DO: To get ready for the next posture, have the girls move around the room, each girl finding a new place to stand or sit.

Leader reads aloud: *Prayer Posture—Look Up*

Psalm 123:1 says, *I look up and pray to you. Your throne is in heaven.*

Looking up to Heaven is like looking someone here on earth in the eye, it's a sign of personal connection. It's also positional, it reminds us that God is above us and yet cares for us.

Silently, take a moment to share something personal you are going through with God and tell Him how you need Him in that situation.

DO: To get ready for the next posture, have the girls move around the room, each girl finding a new place to stand or sit.

Leader reads aloud: *Prayer Posture—Together*

Psalm 133:1 says, *How good and pleasant it is when God's people live together in unity!*

Praying with others provides a sense of unity and family.

While we have prayed together as a group several times tonight, let's pray together again. However, this time let's all pray at the same time, a prayer time when we all talk to God at the same time (as a leader you can let them pray about anything they want, or you can choose to have them pray about something specific, like a sick person you may know, their school, etc. Also, this is a time where the leaders and older girls will set a critical example.) This can sound confusing to us, but in other countries throughout the world, this is how they pray together, all at once!

DO: To get ready for the next posture, have the girls move around the room, each girl finding a new place to stand or sit.

Leader reads aloud: *Prayer Posture—Face Down*

Psalm 38:6 says, *I am bent over. I've been brought very low. All day long I go around weeping.*

Falling flat, or laying face to the floor, is a very emotional way to pray. It often shows a great sense of humility and neediness before God.

Silently, ask God to forgive you for something. This is a time to tell him about a situation where you made a wrong choice, and you need to say "I'm sorry."

DO: Conclude their fall flat time by thanking God that *He is faithful and just to forgive us our sins and cleanse us from all unrighteousness.* 1John 1:9

Conclude by having your girls form a circle and hold hands. Ask one or all of your leaders to pray for your group. Remember to give the girls the Prayer Postures Handout so they can practice these at home, too.