

**“A MEANINGFUL AND CONSISTENT  
PRAYER LIFE — THAT’S WHAT WE  
WANT.”**

**BOB SORGE, *RESET*, P. 7**

**PRAYER IS TO OUR RELATIONSHIP  
WITH JESUS, WHAT THE HEART IS TO  
OUR HUMAN BODY.**

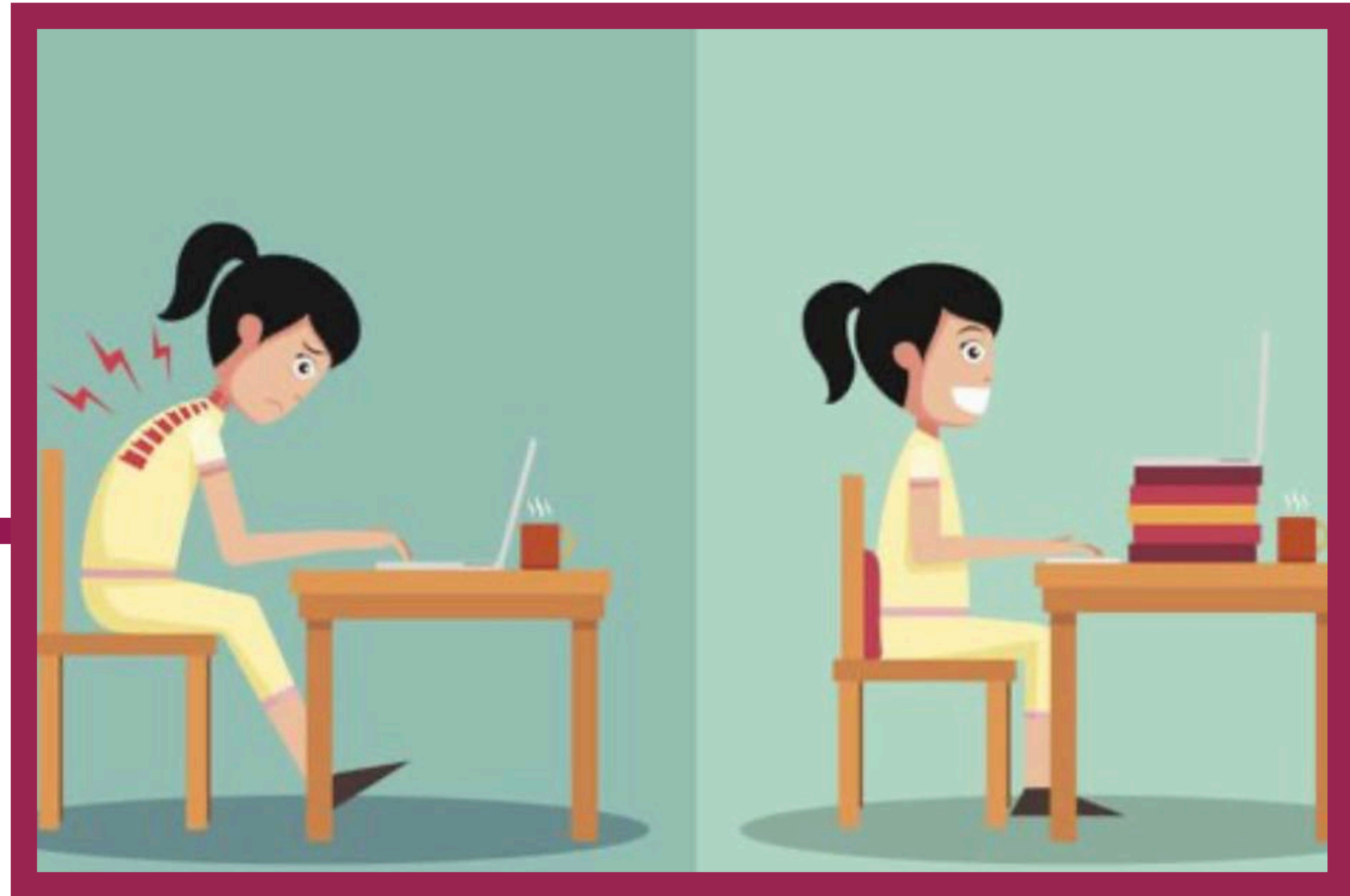
14 “For this reason I kneel before the Father, 15 from whom every family in heaven and on earth derives its name. 16 I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being, 17 so that Christ may dwell in your hearts through faith. And I pray that you, being rooted and established in love, 18 may have power, together with all the Lord’s holy people, to grasp how wide and long and high and deep is the love of Christ, 19 and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God.

20 Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, 21 to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.”

**Ephesians 3:14-21**

# **THE BENEFITS OF GOOD POSTURE:**

- 1. IMPROVED SPINE & NECK HEALTH**
- 2. BETTER MOOD & ENERGY**
- 3. BONE, JOINT, & MUSCLE HEALTH**
- 4. BETTER BREATHING**



**THE POSTURE OF OUR HEART, SPIRIT,  
ATTITUDE, BELIEFS, AND ACTIONS  
ARE IMPORTANT FOR A HEALTHY  
PRAYER LIFE.**

# **PRAYER'S POSTURE:**

*"I KNEEL BEFORE THE FATHER..."*

- **ACTS 18-20**
- **THE LORD PROMISED PEACE, NOT EASE**
- **WHAT "TROUBLES" OR "PRISON" ARE YOU IN?**
- **POSTURE OF DETERMINATION**