



**Life Group Questions**  
**(Week 4 - Postures of Worship)**

1. What stood out to you from the sermon on Sunday? What questions come to mind?
2. Why is our motivation for following Jesus and obedience to him so important? In your own life have you used guilt as motivation? Does it work? Why or why not?
3. Think through the 5 postures of worship that Andrew talked about on Sunday. Which ones come easiest to you? Is it natural to engage in worship this way?
  - Lying Prostrate
  - Kneeling
  - Standing
  - Raising Hands
  - Lifting our Eyes
4. Oftentimes, our backgrounds or the denominations or cultures we grow up in affect the way we worship corporately. Spend some time sharing about what the attitude of physically expressing yourself in worship was like in your upbringing.
5. Andrew said one of the reasons we don't engage in worship together is because we worry what others think of us. Read Galatians 1:10 together. Is concern for your reputation a form of idolatry?
6. Of the 4 reasons we don't engage with physical expressions of worship, which one resonated the most with you?
  - We are afraid of what people will think of us.
  - It doesn't feel natural.
  - We've seen abuses of these practices.
  - We have hard hearts.

*Spend some time in prayer together. If you feel convicted, try kneeling or lying prostrate before God as you pray. Ask God to soften your heart and that these physical postures of worship would be outward expressions of where your heart is at.*