



April 22, 2026

## **GROWTH GROUP DISCOVERY QUESTIONS**

### Posture of Worship

1. The postures of Worship in the bible are:
  - Raised/Lifted Hands
  - Kneeling
  - Bowing/Prostration
  - Standing
  - Clapping
  - Dancing
  - Lifting Eyes
  - Not to mention, shouting, laughing, crying

Which one of these postures do you feel comfortable practicing and to engage in? Which one of these do you not engage in, ever?

2. Why does posture matter in worship?
3. Why do we often find some of the postures difficult to engage in, and is it okay to ignore the ones we don't particularly like?

### **Going deeper**

What is the spiritual significance of each of the postures listed in Question 1?  
What is God saying to us regarding the deeper meaning behind each posture?