



Woodland Park Community Church

**We Follow Jesus and
Lead Others to Follow Jesus**

The Appropriate Posture of Prayer

Lance Michels

Psalm 131

August 16, 2026

Pride Seeks the Position of God.

Humility Seeks the Presence of God.

Hope Rests in the Person of God.

Small Group Questions:

Thinking about this week's teaching, was there a particular point, verse or comment that caught your attention, challenged you, or raised a question?

David uses the heart, the eyes, and the mind to describe a posture of pride. Why do you think he uses those human attributes to describe pride?

How does modern technology and the overuse of screens impact our mind, eyes, and heart?

Silence and solitude is a spiritual discipline for the purpose of focusing our attention on God. What are some challenges you face personally when you finally get some quiet time with the Lord? How can we fight off the noise of the world so that our hearts, eyes, and minds can focus on him?

Why is God's word critically important to calming and quieting our souls?