



## GOING DEEPER AT HOME

### JUNE 26: POSTURE

Sit up straight! Don't slouch! Pick up your feet when you walk! These are all indicators of poor posture and they're probably all things we've heard said and maybe said to us at one point in time. Good posture is important. But posture isn't just about how we sit, stand or walk, it's also about how we respond to situations, do we lean in or pull away. James ends his letter by calling us to the final primal piece of faith, of learning to have good posture, a posture where we continuously lean in.

#### SCRIPTURE:

James 5:13 - 19

#### GOING DEEPER QUESTIONS:

1. What's your posture like?
2. What is something from the message that stood out to you, was new or challenged you?
3. When you experience trouble or suffering what is your typical first response? Why do you think James doesn't give instructions on how to pray when we suffer?
4. When you experience good times what is your typical first response? Why do you think James instructs us to sing praises to God?
5. Read verses 14 & 15 again. How have you typically understood this verse? How does viewing "sick" as being "spiritually weak" and then "spiritually weary" change your understanding of what James is saying? How does this understanding fit into the broader message of the entire letter?
6. Who are the people you "confess your sins" too? If you don't have anyone, why is that?
7. Why is Elijah such a good example of prayer for us?
8. Of all the "leaning in" that James calls us to, which is the hardest for you & why?
9. What step(s) is the Holy Spirit inviting you to take to have a posture of leaning in?