

JANUARY SERMON SERIES:

# The Postures of Prayer



# Praying Face Down

LESSON FOUR





“The only way to face  
some problems is faced  
down.”





**MATTHEW 26:39**



Going a little farther, Jesus  
fell on His face and prayed,  
saying, “My Father, if it is  
possible, let this cup pass from  
Me; nevertheless, not as I will,  
but as You will.”

“If you fall on your  
face before Me, I will  
make sure you never  
fall on your face.”

Numbers 16:4, So,  
when Moses heard it,  
he fell on his face.

# Five Reasons Why Christians Do Not Pray Lying Face Down:

1. Ignorance
2. Pride
3. Laziness
4. Religious Tradition
5. Dismissed

7 Lessons about  
prayer when life is  
challenging:



1

Fall on Your Face before  
the Father and Pray.

Matthew 26:39, And going  
a little farther He fell on  
His face and prayed.”

“God doesn’t move in  
your life when you  
struggle; He moves when  
you pray.”

2

Die to Your Own Will.

Matthew 26:39, “My  
Father, if it be possible, let  
this cup pass from Me;  
nevertheless, not as I will,  
but as You will.”

3

Understand Your Limits  
and Depend on the  
Holy Spirit.

Matthew 26:40-41, And He came to the disciples and found them sleeping. And He said to Peter, ‘So, could you not watch with Me one hour? Watch and pray that you may not enter temptation. The spirit indeed is willing, but the flesh is weak’.

“When God pushes you to the edge of difficulty, trust Him fully because two things can happen. Either He’ll catch you when you fall, or He will teach you how to fly.”

4

Embrace the Father's Will.

Matthew 26:42, “Again, for the second time, He went away and prayed, ‘My Father, if this cannot pass unless I drink it, Your will be done’

5

Persevere In Prayer.

Matthew 26:43-44, "And again He came and found them sleeping, for their eyes were heavy. So, leaving them again, He went away and prayed for the third time, saying the same words again."

6

Stand Up and Get Going.

Matthew 26:45-46, “Then He came to the disciples and said to them, ‘Sleep and take your rest later. See, the hour is at hand, and the Son of Man is betrayed into the hands of sinners. Rise, let us be going; see, My betrayer is at hand.’”

7

Walk in Resurrection Power.

Acts 4:33, And with great power the  
apostles were giving their  
testimony to the resurrection of the  
Lord Jesus, and great grace was  
upon them all.

Ephesians 3:20, “Now unto Him that  
is able to do exceedingly abundantly  
above all that we ask or think,  
according to the power that  
worketh in us.”



Face down, pray, get  
up, and get moving!!

