

# What's Important in Prayer?



# No Specific Posture is Required in Prayer.

**1. RAISED HANDS:** (Ps 134:2) “*Lift up your hands* to the sanctuary, & bless the Lord.” *Song of Ascents*

Ps 141:2 “May my prayer be counted as incense before Thee; *the lifting up of my hands* as the evening offering.”

1 Tim 2:8 “Men [*Andras, ie adult males*] in every place to pray, *lifting up holy hands*, without wrath and dissension.” [*Leadership?*]

*Women cited in v9 with different directions.*

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## Catacomb Art 200 AD

1. You **CAN** raise hands in supplication if you wish.
2. It's not for ***SHOW***, or waving around.
3. It's just a natural posture of ***PLEADING***.

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## 2. **STANDING:**

(Mark 11:25) “And *whenever you stand* praying, forgive.”

(Luke 18:13) But the Tax collector, *standing* some distance away, was even unwilling to lift up his eyes to heaven, but was beating his breast, saying, “*God, be merciful to me, the sinner!*”



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3. **SITTING** (I Ki 19:4) Elijah:  
“Went a day's journey into  
the wilderness, and came  
*and sat down* under a  
juniper tree; and he  
requested for himself  
that he might die..”

And said, "It is enough;  
*now, O Lord*, take my  
life, for I am not better  
than my fathers."



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4. **LYING FACE DOWN:** Mat 26:39 Jesus  
He went a little beyond them, and  
*fell on His face and prayed*, saying, "My  
Father, if it is possible, let this cup pass.."

Num 16:22 [Moses & Aaron]  
*fell on their faces*, and said,  
"O God..."

Ezra 10:1 Ezra was praying and making  
confession, weeping and *prostrating himself*..."

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**5. BOW DOWN:** (Ex 34:8-9) “Moses made haste *to bow low toward the earth and worship.*  
v.9 And he said, “If now I have found favor in Thy sight, O Lord, I pray...”



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## 6. **Kneeling**

Acts 9:40 Peter *knelt down and prayed.*

Luke 22:41 [Jesus] “*knelt down* and began to pray..”

Ps 95:6 Come, let us worship & *bow down*;  
Let us *kneel* before the Lord our Maker.



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## 7. **FACING UP TO GOD**

Job 22:26 “For then you will delight in the Almighty, *and lift up your face to God.*”

v27 "*You will pray to Him,* and He will hear you.”



# No Specific Posture is Required in Prayer.

***Folded hands are mentioned***  
three times in scripture:  
**NONE** regarding prayer.  
All 3 regarding laziness.

Eccles 4:5

Prov 24:33

Prov 6:10



Prov 6:10 "A little sleep, a little slumber, a little  
***folding of the hands to rest***" 11 And your  
poverty will come in like a vagabond..

# What Does Matter— **In Prayer !**

## 1. Relationship

Matt 6:9 “Our **FATHER**  
who art in heaven.”

Do You Have **Faith**? (Heb 11:6; Jas 1:6; Rom 8:28)

You “**Born** of the water and the Spirit?” (John 3:5)

Rom 8:16 The Spirit Himself bears witness  
with our spirit **that we are children of God**,  
v.17 and if children, heirs..”

If you're **IN HIS family**, (Ps 103:13-14) “The Lord  
has compassion on those who fear Him.

14 For He Himself knows our frame;  
He is mindful that we are but dust.”

# What Does Matter— **In Prayer !**

## 2. Submission

Matt 6:9b “***HALLOWED***  
be Thy Name.”

Ps 23 Is the Lord ***Your Shepherd?***

Do You (Matt 22:37) “***Love the Lord your God***  
with all your heart, and with all your soul,  
and with all your mind”?

# What Does Matter— **In Prayer !**

## 3. Intercession

Matt 6:10 Thy  
kingdom come.

Col 1:13  
It Came !

Phil 1:4 ***“Always offering prayer with joy  
in my every prayer for you all..”***

# What Does Matter— In Prayer !

## 4. God's Glory

(Matt 6:10) ***“Thy will be done,  
On earth as it is in heaven.”***

(1 Cor 10:31)  
***“Whatever you do,  
do all to the glory of God.”***

James 4:15 Ought to say: ***“If the Lord wills..”***  
Are our ***prayers*** to bless us, or Glorify God?



# What Does Matter— **In Prayer !**

## 5. Dependence

**Matt 6:11 “ Give us this day our daily bread. ”**

**To appreciate your dependence on God, ask...  
“What would it take... to take it all away?”**

**All finance, All movement, All awareness? Life?**

**Answer: *two - second accident.***

# What Does Matter— **In Prayer !**

## 6. Forgiveness

Matt 6:12 *And forgive us our debts... as we also have forgiven our debtors.*



**Rom 3:23**  
**James 3:2**

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone when you get the chance. *But burning yourself* in the meantime.





**As I walked out the door toward the gate that would lead to my freedom, I knew if I didn't leave my bitterness and hatred behind, I'D STILL BE IN PRISON—NELSON MANDELA**

# What Does Matter— **In Prayer !**

## 7. Protection

Matt 6:13 “Do not lead us into temptation, **but deliver us from evil.**”

The Greek says “Deliver us from **The** evil.

Ps 91:4 “He will cover you with His pinions, **under His wings** you may seek refuge. ( v9, 11-12, 14-15)



# What's Important in Prayer?

A scenic landscape featuring a calm lake in the foreground, a dense forest of evergreen trees in the middle ground, and a range of rugged, snow-capped mountains in the background under a clear blue sky. The scene is reflected in the still water of the lake.

**1. Relationship**

**2. Submission**

**3. Intercession**

**4. God's Glory**

**5. Dependence**

**6. Forgiveness**

**7. Protection**