

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.



Catacomb Art 200 AD

- 1. You <u>CAN</u> 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*.

2. STANDING:

(Mark 11:25) "And whenever you stand praying, forgive."

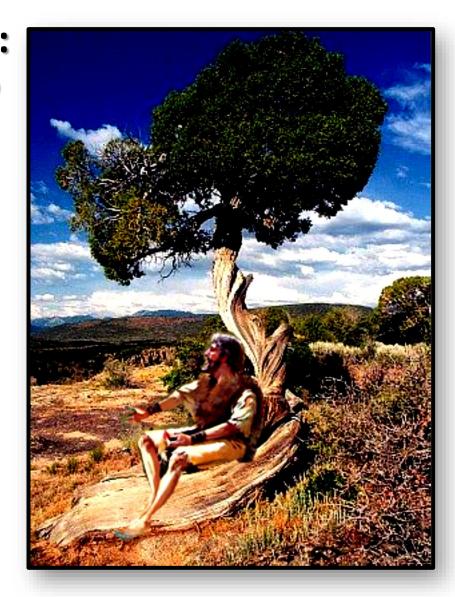
(Luke 18:13) But the Tax collector, <u>standing</u> some distance away, was even unwilling to lift up his eyes



to heaven, but was beating his breast, saying, "God, be merciful to me, the sinner!"

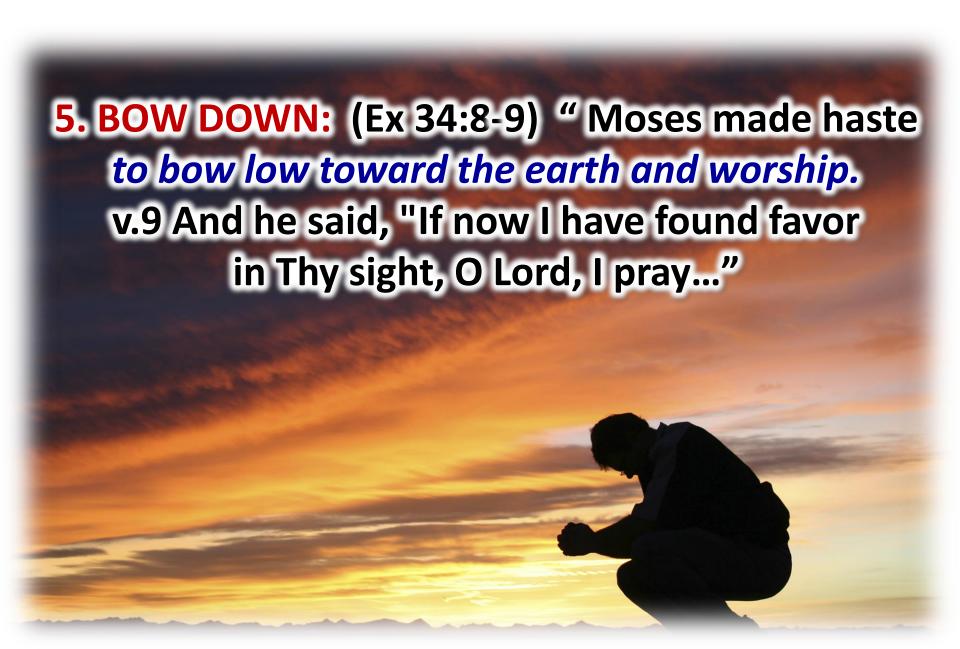
3. SITTING (I Ki 19:4) Elijah: "Went a day's journey into the wilderness, and came and sat down under a juniper tree; and he requested for himself that he might die.."

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



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

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





6. Kneeling

Acts 9:40 Peter knelt down and prayed.

Luke 22:41 [Jesus] "knelt down and began to pray.."

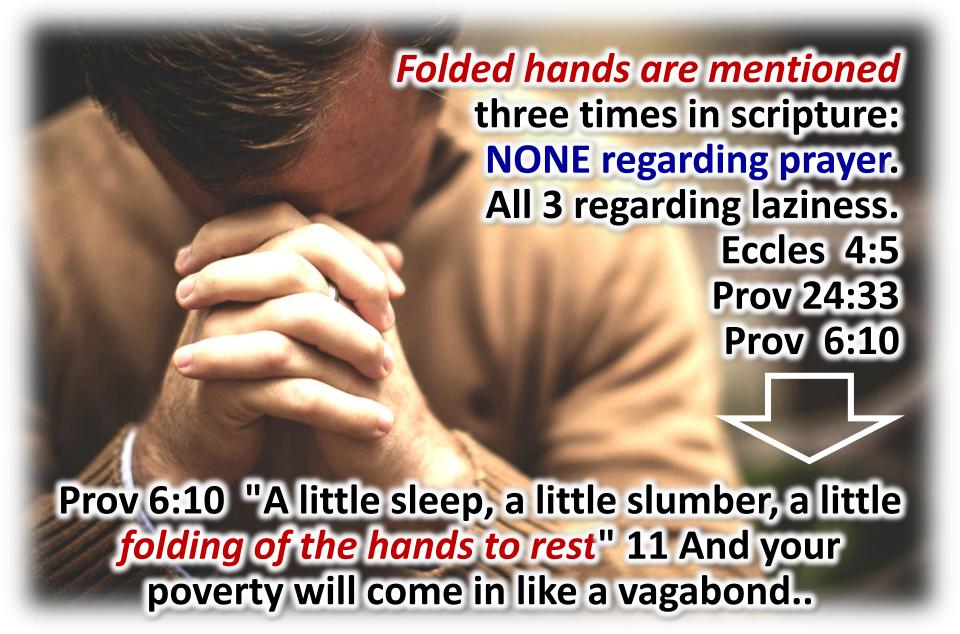
Ps 95:6 Come, let us worship & <u>bow down;</u>
Let us <u>kneel</u> before the Lord our Maker.

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."





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."

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"?



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?

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?"

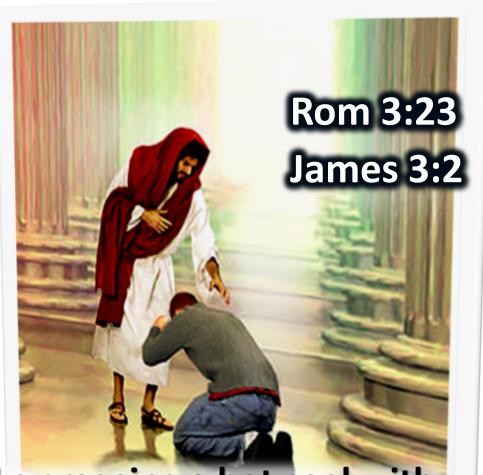
All finance, All movement, All awareness? Life?

Answer: two - second accident.

6. Forgiveness

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





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 PRISION—NELSON MANDELA



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? 1. Relationship 5. Dependence 2. Submission 6. Forgiveness 3. Intercession 4. God's Glory 7. Protection