

# Posture of Prayer

The Way We PRAY



# Posture of Prayer

Communication with God does not require a certain physical position, but postures do give expression to the attitudes of our hearts.



1- On Your Knees- One day every knee will bow before God, and every tongue will confess that Jesus is Lord to the glory of God

Ephesians 3:14 (NKJV) {Philippians 2: 9–11}

For this reason I bow my knees to the Father of our Lord Jesus Christ,[a]



## 2 – In Your Bed- surrendered and stillness

Psalms 63:5-6, My soul is satisfied as with marrow and fatness, And my mouth offers praises with joyful lips. When I remember You on my bed, I meditate on You in the night watches, For You have been my help, And in the shadow of Your wings I sing for joy.



### 3 – Out Loud - unashamedly confessions, bold declaration that Jesus sits on the throne.

Psalm 34:6 (NKJV)

This poor man cried out, and the Lord heard him,

And saved him out of all his troubles.

**Not to be confused with - Matthew 6:5**



# 4 – Silently - yearning and a profound deepness

1 Samuel 1:13 (NKJV)

13 Now Hannah spoke in her heart; only her lips moved, but her voice was not heard. Therefore Eli thought she was drunk.



# 5 – Hands Lifted - surrender, openness, petition

1 Timothy 2:8 (NKJV) {1 Timothy 2:1–4}

I desire therefore that the men pray everywhere, lifting up holy hands, without wrath and doubting.



## 6 – Eyes Open - indicates openness, confidence, and trust

John 17:1 (NKJV) {John 11:41- 42}

Jesus spoke these words, lifted up His eyes to heaven, and said: “Father, the hour has come. Glorify Your Son, that Your Son also may glorify You.





7 – Head Bowed - conveys an attitude of honor, gratitude, and faith,

Genesis 24:26 (NKJV)

26 Then the man bowed down his head and worshiped the Lord.



8 – Prostrate - No position symbolizes humility better than being on our faces before God - complete and utter dependence.

Matthew 26:39 (NKJV) {Genesis 17}

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



## 9 – Standing - indicates that you have a legal right to be there

Mark 11:25 (NKJV) {Romans 5:1–2}

“And whenever you stand praying, if you have anything against anyone, forgive him, that your Father in heaven may also forgive you your trespasses.

God just wants you to be humble.



# So let us....

Hebrews 4:16 (NKJV)

Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace to help in time of need.

