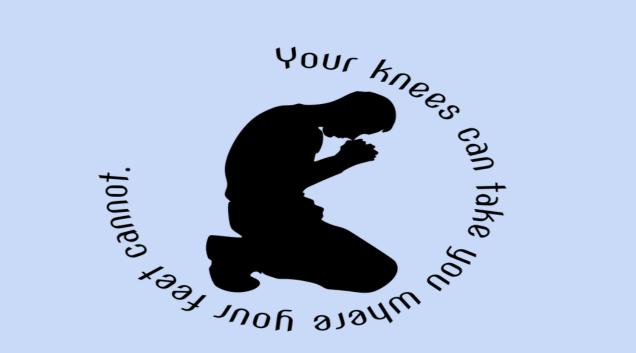
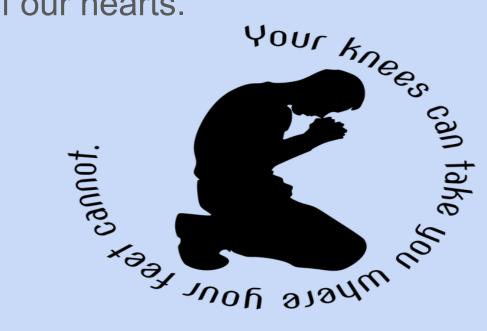
Posture of Prayer

The Way We PRAY



Posture of Prayer

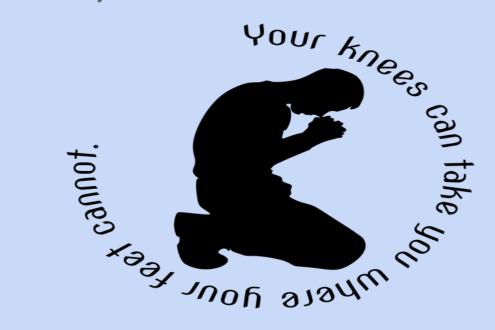
Communication with God does not require a certain physical position, but postures do give expression to the attitudes of our hearts.



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.

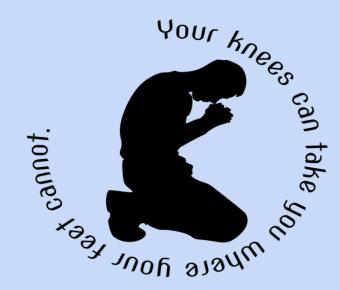
Not to be confused with - Matthew 6:5



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) {I 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}

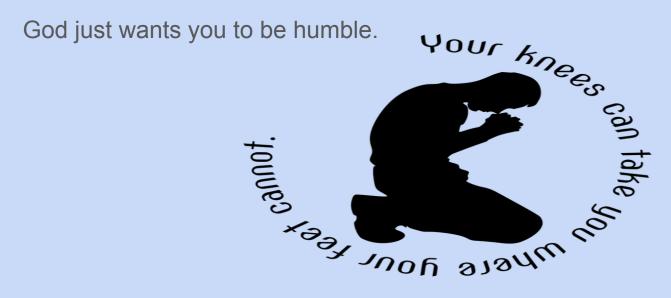
39 He went a little farther and fell on His face, and prayed, saying, "O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You will."



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.



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.

