

Lesson #10: Postures of Prayer

There is no set way to pray but God gives us suggestions on how to pray in His word. It's now common to bow heads and clasp our hands but there are other options as God shows us.

Bowing: Not just bowing a head but bowing your entire body low. Exodus 34:8. King David, Psalm 5:7.

Bowing from your knees: 2 Chron. 6:13. Daniel 6:10. Phil 2:10. Some Christian families teach their children to go down on their knees and pray by the side of their beds every night. How many still do that as adults?

Laying prostrate: Neh. 8:6. Matthew 26:39. Rev. 1:17.

Lifted hands: Psalm 141:2. 1 Tim. 2:8.

Lifted eyes: John 11:41. Luke 9:16.

Silence: Psalm 46:10. Psalm 62:1. Psalm 4:4. 1 Sam 1:13.

Lifted voices: Psalm 141:1. Psalm 77:1.

Crying out: Psalm 55:17. Heb. 5:7.

Use which ever posture helps YOU connect to God. There is no right way. If the posture you are currently using isn't giving you the deep meaningful connection to God you want, change it and see if it helps you.

Sample Prayer:

Lord, I ask you to help me use all of the body you have given me to worship You. Use my hands, eyes, legs, and voice to give to You a clear and unmistakable expression of my worship, love and submission to You. I so easily lose sight of You when I'm going through the motions. My mind gets distracted and I sometimes forget I'm talking to You. Lord, use my posture to help remind me of Your power, glory, and might. Bring my wandering mind back to You. Open my ears to Your voice. Amen.