

Postures of Prayer

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Postures of Prayer

We are all familiar with biblical references to the content of prayer

- Matthew 6: How to pray, addresses the delivery of prayers, cautioning them not to “heap up empty phrases” or to seek attention.
- A prayer that includes the key elements of adoration, submission, supplication, and confession.

Bible also speak on various postures on prayer

- Standing
- Sitting
- Kneeling
- Bowing
- Lifting our eyes to heaven
- Raising our hands
- Lying flat

Biblical References

□ Kneeling

- Ps. 95:6, Lk. 22:41, Acts 20:36, Acts 21:5, Eph 3:14

□ Bowing

- Isaiah 44:7, Eph 3:14, Ps 66:4
- Philippians 2:10, Psalm 86:9

□ Lifting our eyes to heaven

- Ex. 9:29, Ps 28:2, Ps 63:4, Ps 121:1, Ps. 134:2,

□ Raising our hands

- Ps 134:2, 1 Tim 2:8

□ Standing

- Matthew 6:5,6, 1 Sam 1:26; Luke 18: 11-13, Mark 11:25
- Syriac word Kauma means to stand

□ Sitting

- Matthew 5:1, Luke 4:20, Luke 10:39

□ Lying flat

- Gen 17:3

Significance of Posture

- ❖ In Leadership positions - A video that is shown in many companies to Executives
 - https://youtu.be/Ks-_Mh1QhMc
 - Amy Cuddy - Researcher at Harvard University, has published a number of studies showing a causal relation between physical stances and biochemical reactions
- ❖ Same way, our posture during prayer matters
- ❖ The positions of our bodies may not hinder our prayers, but they can alter the state of our hearts *
 - Kneeling affirms our submission when our hearts struggle to do so
 - Bowing our heads can reflect the honor

* Reference: <https://www.firstthings.com/blogs/firstthoughts/2015/07/postures-of-prayer>

Limitations of Posture

- ❑ Apostle Paul's exhortation that we "pray without ceasing" requires a certain flexibility *
- ❑ We must be prepared to pray while standing, walking, or lying in bed *
 - ❑ An idle moment in office or class
 - ❑ While driving
 - ❑ Lying down on bed at night
 - ❑ If one is paralyzed, he/she would still be free to worship

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Summary

- ❖ The people of God did engage in postures, and bible does speak on many instances of spiritual gestures and postures
- ❖ God knows the limitations of the human being and intention
 - They should engage in gestures and postures which are possible to them
- ❖ We should not adopt a prayerful posture solely for attention (Matthew 6)
- ❖ Posture enhances our spiritual experience
 - Choosing to kneel affirms our submission when our hearts struggle to do so
 - Bowing our heads can reflect the honor due to God
 - Consider how your posture reflects your heart