

Lifting Holy Hands

1 Timothy 2:8



Body

- Sitting – 2 Sam. 7:18
- Bowing – Neh. 8:6
- Facedown – Matt. 26:39
- Kneeling – Dan. 6:10

Hands / Eyes

- Hands upward – 1 Kings 8:22
- Eyes lifted up – John 17:1
- Eyes downcast – Luke 18:13



Observations

- The Bible doesn't prescribe a specific posture for prayer
 - *Variety of examples (OT and NT)*
 - *Compare "holy kiss" (1 Cor. 16:20, etc.)*



Observations

- The Bible doesn't prescribe a specific posture for prayer
- Posture of the body is often connected to the heart
 - *Humility*
 - *Dependence*
 - *Repentance*
 - *Gratitude*
 - *Reverence*



Cautions

- Posture isn't the essence of true worship
 - *Isaiah 1:15-16*
 - *James 4:8*
 - *Luke 18:9-14*



Cautions

- Posture isn't the essence of true worship
- Posture isn't a signal of true spirituality
 - *Making judgments based on appearance*
 - *Drawing attention to self*
(Matthew 6:5-6, 23:5)
 - *Entertainment or emotionally-driven worship*



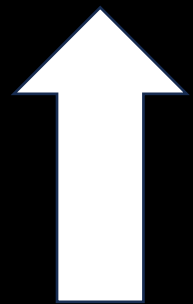
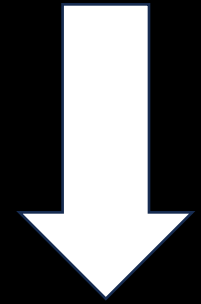




Concert



concert



worship

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God's Prescription

- Not a body position, but a heart posture
 - *"holy hands...without wrath and dissension" (1 Tim. 2:8)*
 - *Matthew 5:23-24*



God's Prescription

- Not a body position, but a heart posture
- What God *really* wants in worship
 - *Humility (James 4:10)*
 - *Gratitude & unity (Eph. 5:19-21)*
 - *Whole-life obedience (Rom. 12:1-2)*

