

Prayer Power

Week 4 1-24-21

The Power of Posture

1. _____.

A. B _____ and K _____.

"Come, let us worship and bow down. Let us kneel before the LORD our maker, ⁷ for he is our God. We are the people he watches over, the flock under his care."

Psalm 95:6-7a (NLT)

"Therefore, God elevated him to the place of highest honor and gave him the name above all other names, ¹⁰ that at the name of Jesus every knee should bow, in heaven and on earth and under the earth."

Philippians 2:9-10 (NLT)

B. Lying _____ - _____.

"they bowed low and worshiped the LORD with their faces to the ground."

Nehemiah 8:6b

"Then I fell face down on the ground and cried out, "O Sovereign LORD, are you going to kill everyone in Israel?"

Ezekiel 11:13b (NLT)

"He went on a little farther and bowed with his face to the ground, praying, "My Father! If it is possible, let this cup of suffering be taken away from me. Yet I want your will to be done, not mine."

Matthew 26:39 (NLT)

2. _____.

A. _____ Arms.

"Accept my prayer as incense offered to you, and my upraised hands as an evening offering."

Psalm 141:2 (NLT)

"In every place of worship, I want [people] to pray with holy hands lifted up to God, free from anger and controversy."

1 Timothy 2:8 (NLT)

B. _____ Eyes.

"Jesus took the five loaves and two fish, looked up toward heaven, and blessed them."

Luke 9:16a (NLT)

"So they rolled the stone aside. Then Jesus looked up to heaven and said, "Father, thank you for hearing me."

John 11:41 (NLT)

"After saying all these things, Jesus looked up to heaven and said, "Father, the hour has come. Glorify your Son so he can give glory back to you."

John 17:1 (NLT)

C. _____.

"And each morning and evening they stood before the LORD to sing songs of thanks and praise to him."

1 Chronicles 23:30 (NLT)

"Ezra stood on the platform in full view of all the people. When they saw him open the book, they all rose to their feet."

Nehemiah 8:5 (NLT)

"And when you stand praying, if you hold anything against anyone, forgive him, so that your Father in heaven may forgive you your sins."

Mark 11:25 (NIV84)

"At the very least, they can be persuaded that the bodily position makes no difference to their prayers; for they constantly forget, what you must always remember, that they are animals and that whatever their bodies do affects their souls."

C.S. Lewis "The Screwtape Letters"

What Prayer Posture will you try?