

Part 7. Prayer

Lesson 4: Prayer Posture

Lesson Summary

God hears prayer regardless of our physical posture, but outward position can express the heart's attitude of humility, surrender, and dependence (Ps. 95:6; 1 Tim. 2:8). Scripture portrays believers lifting hands, bowing, kneeling, and even lying prostrate before the Lord as expressions of reverence and faith.

Hands lowered symbolize release—laying burdens, sins, or fears before God (1 Pet. 5:7). **Hands raised** express openness and surrender, receiving from God's grace (1 Tim. 2:8). **Outstretched hands** may symbolize intercession and agreement, yet never as a source of mystical power—the authority belongs to God alone (Exod. 14:16; 1 Cor. 3:6).

The laying on of hands in Scripture affirms blessing, commissioning, ordination, or prayer for healing, always accompanied by prayer and trust in God (Acts 6:6; Acts 13:3; Mark 6:5).

These gestures do not produce power but remind us of God's presence and our dependence on Him. Posture in prayer, when offered in humility and faith, helps align heart, body, and spirit in worshipful submission to God's will.



Key Takeaways

- **Posture matters:** It expresses the heart's surrender, reverence, and dependence (Ps. 95:6).
- **Hands Down:** Symbolizes release of burdens and trust in God (1 Pet. 5:7).
- **Hands Up:** A gesture of surrender, openness, and receiving (1 Tim. 2:8).
- **Extending Hands:** A symbol of agreement and intercession, but not a channel of mystical power (Exod. 14:16; 1 Cor. 3:6).
- **Laying on of Hands:** Used biblically for blessing, commissioning, ordination, and healing, always in prayer (Acts 6:6; Acts 13:3; Mark 6:5).
- **Caution:** Gestures must never replace God's Word or sovereignty—power is His, not in our hands (Col. 2:18–19).
- **Application:** Let posture be an outward expression of inner truth—dependence, reverence, and trust in God.

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Questions & Answers

1. **Q:** Does God require physical posture for prayer?
A: No, but posture can reflect humility, dependence, and surrender (Ps. 95:6).
2. **Q:** What does praying with hands down symbolize?
A: Releasing burdens, sins, or fears to God (1 Pet. 5:7).
3. **Q:** What does lifting hands in prayer mean?
A: Openness, surrender, and desire to receive from God (1 Tim. 2:8).
4. **Q:** How should we understand extending hands in prayer?
A: As intercession and agreement, not as imparting mystical power (Exod. 14:16; 1 Cor. 3:6).
5. **Q:** What biblical purposes are connected with laying on of hands?
A: Blessing (Gen. 48:14–16), commissioning (Acts 13:3), ordination (Acts 6:6), and healing (Mark 6:5).
6. **Q:** What is the danger of misusing prayer gestures?
A: Treating them as mystical or magical, rather than as expressions pointing to God's power (Col. 2:18–19).
7. **Q:** What is the bottom line of prayer posture?
A: Outward expressions should flow from inward truth, with faith fixed on God alone.

“Prayer posture is not ritual or magic—it is a physical expression of inner surrender, reminding us that God is our strength and source.”