

LIFT UP HOLY HANDS!

1 TIMOTHY 2:8

*To my disciple
– preserve, protect, pass!*

QUESTION

“Since Paul instructs Timothy to lift up holy hands, we should encourage our people to lift up hands during worship – correct?”

1 TIMOTHY 2:8

I will therefore that men pray everywhere,
lifting up holy hands, without wrath and doubting.

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Raising of hands in prayer in the OT

- Exodus 9:29;
- 1 Kings 8:22, 54;
- Ezra 9:5; Nehemiah 8:6;
- Psalm 28:2; 141:2; 143:6;
- Isaiah 1:15;
- Lamentations 2:19;

1 KINGS 8:54

When Solomon had finished all these prayers and supplications to the LORD, he rose from before the altar of the LORD, where he had been kneeling with his hands spread out toward heaven.



POSTURES OF PRAYER

- Standing (2 Chronicles 6:3; Luke 18:10-13)
- Kneeling (1 Kings 8:54; 2 Chronicles 6:13)
- Sitting (2 Samuel 7:18)
- Looking upward (John 17:1)
- Bowing down face to ground (Matthew 26:38)
- Placing the head between the knees (1 Kings 18:42)
- Pounding on the chest (Luke 18:13)
- Facing the temple (Daniel 6:10)

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- The emphasis of the synecdoche
Holiness in approaching God

JAMES 4:8

Draw nigh to God, and he will draw nigh to you. Cleanse your hands, ye sinners; and purify your hearts, ye double minded.

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I will therefore that men pray everywhere, lifting up holy hands, without wrath (anger) and doubting (disputing/quarrelling).

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