

**LIFTING UP HOLY HANDS TO THE LORD**

Psalm 63:1 - 4

<sup>8</sup> In every place of worship, I want men to pray with holy hands lifted up to God, free from anger and controversy. 1 Timothy 2:8

**WHY IS IT THAT GOD WANTS US TO LIFT OUR HANDS TO HIM?**

1. We lift our hands because God says we should and He loves it.

2. We lift our hands because we're reaching out to Him.

Draw near to God and He will draw near to us.

James 4:8

3. It is an offering of praise.

<sup>1</sup> O LORD, I am calling to you. Please hurry! Listen when I cry to you for help!

<sup>2</sup> Accept my prayer as incense offered to you, and my upraised hands as an evening offering.

Psalm 141:1 – 2

4. We're declaring battle, and we need God's help.

Exodus 17:10 – 12

**THROUGHOUT HISTORY UPLIFTED HANDS HAVE MEANT 2 THINGS.**

- Victory.
- Surrender.

**The most common expression of praise to God in the O.T.**

- Prostrating themselves before the Lord.
- Lifting hands.

<sup>1</sup> Oh, praise the LORD, all you servants of the LORD, you who serve at night in the house of the LORD. <sup>2</sup> Lift your hands toward the sanctuary and praise the LORD.

Psalm 134:1, 2

<sup>2</sup> Listen to my prayer for mercy as I cry out to you for help, as I lift my hands toward your holy sanctuary.

Psalm 28:2

<sup>50</sup> Then Jesus led them to Bethany, and lifting his hands to heaven, he blessed them. <sup>51</sup> While he was blessing them, he left them and was taken up to heaven. <sup>52</sup> So they worshiped him and then returned to Jerusalem filled with great joy. <sup>53</sup> And they spent all of their time in the Temple, praising God.

Luke 24:50 – 53