

Prayer Corner 29

Lift Up Your Hands

By Angie Rebert

Let us lift up our heart with our hands unto God in the heavens.
Lamentations 3:41



On Zoom Bible Study a few a few weeks ago, we prayed for Lee Bekir, and I had a vision of all in the BRC sanctuary lifting up our hands to God. We were asking for Lee's healing and thanking God in advance for a successful surgery. We were praising God for His everlasting love, and we all raised our hands in agreement!

It was a sacred, joyful moment!

In my Pentecostal phase of several years, when I came back to the Lord, I was not comfortable raising my hands up to God in public. Yet I felt drawn to practice this physical form of worship.

I very slowly and hesitatingly became able to raise my hands in corporate worship services and prayer meetings. However, when I returned to traditional worship where hands held

hymnals and were folded in prayer, I had forsaken the lifting of hands in prayer as a sign of praise.

This week, in my personal prayer, I felt the urge to raise my hands as I prayed. As I raised my hands, my head went up, and I found my heart opening in a bubble of joy overflowing. My prayer thoughts seemed lifted up to the heavens.

Asking for help for myself and others led to spontaneous gratitude and praise flowing upward along with my hands. Somehow, this very simple raising of hands in prayer lifted my spirit upwards and beyond.

Later on, I tried this lifting of hands in prayer down by the stream in my bamboo grove. My heart spirit was graced in uplifting awe, rising upward and beyond my imaginings towards the Divine Presence.

As I lowered my hands and pondered this awesome feeling. I began to feel immersed with a quiet peace.

Throughout the week, I repeated this lifting of hands while praying in morning devotions. Each time I felt my heart spirit opening and rising up to God. I felt closer to God and lighter in spirit.

Perhaps you'll want to try this in your personal prayer and be blessed. There are quite a few scripture examples of the practice of lifting up hands in praise, song, and asking for God's mercy.

My prayer at this moment is being breathed into a simple prayer song.

O dear Heavenly Father,
I bow down before you.
To worship you

Precious Lord Jesus
I lift up my hands
To Praise You
I lift up my hands
To bless You.

Blessed Holy Spirit
I listen for Your word
My heart is lifted up
And I wait for you.

I thank You God
For being with me

Listen to this powerful song about how God can help us in our time of need.

Lift Up Your Hands

<https://www.youtube.com/watch?v=zy780rLKE-c>

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