**The use of Hands in Prayer** - part 1

1. ***Lifting-up Hands in Prayer***

Value in hands Moses replied, "When I have gone out of the city, **I will spread out my hands in prayer to the LORD.** The thunder will stop and there will be no more hail, so you may know that the earth is the LORD's. (Exo 9:29)

Hands of power Then Moses left Pharaoh and went out of the city. **He spread out his hands toward the LORD**; the thunder and hail stopped, and the rain no longer poured down on the land. (Exo 9:33)

Hands already dedicated Moses said to Joshua, "Choose some of our men and go out to fight the Amalekites. Tomorrow I will stand on top of the hill with the staff of God in my hands." (Exo 17:9)

Moses effective **As long as Moses held up his hands, the Israelites were winning,** but whenever he lowered his hands, the Amalekites were winning. (Exo 17:11)

Moses ineffective When Moses' hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up—one on one side, one on the other—so that his hands remained steady till sunset. (Exo 17:12)

Moses’ significance He said, **"For hands were lifted up to the throne of the LORD.** The LORD will be at war against the Amalekites from generation to generation." (Exo 17:16)

The high Priest Then Aaron **lifted his hands** toward the people and blessed them. And having sacrificed the sin offering, the burnt offering and the fellowship offering, he stepped down. (Lev 9:22)

Hands valued You may say to yourself, "My power and the strength of my hands have produced this wealth for me." (Deu 8:17)

A special sign But the following morning when they rose, there was **Dagon**, **fallen** on his face on the ground before the ark of the LORD! **His head and hands had been broken off** and were lying on the threshold; only his body remained. (1Sa 5:4)

David Hear my cry for mercy as I call to you for help, as **I lift up my hands toward your Most Holy Place.** (Psa 28:2)

David If we had forgotten the name of our God **or spread out our hands to a foreign god,** (Psa 44:20)

David I will praise you as long as I live, and **in your name I will lift up my hands.** (Psa 63:4)

David When I was in distress, I sought the Lord; **at night I stretched out untiring hands** and my soul refused to be comforted. (Psa 77:2)

David **I lift up my hands to your commands**, which I love, and I meditate on your decrees. (Psa 119:48)

Instruction **Lift up your hands in the sanctuary** and praise the LORD. (Psa 134:2)

David May my prayer be set before you like incense; **may the lifting up of my hands** be like the evening sacrifice. (Psa 141:2)

David **I spread out my hands to you**; my soul thirsts for you like a parched land. *Selah*(Psa 143:6)

Solomon Then Solomon stood before the altar of the LORD in front of the whole assembly of Israel, **spread out his hands toward heaven**(1Ki 8:22)

Suggested and when a prayer or plea is made by any of your people Israel—each one aware of the afflictions of his own heart, **and spreading out his hands** toward this temple—(1Ki 8:38)

Solomon 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**. (1Ki 8:54)

Ezra Then, at the evening sacrifice, I rose from my self-abasement, **with my tunic and cloak torn, and fell on my knees with my hands spread out to the LORD my God**(Ezr 9:5)

All the PeopleEzra praised the LORD, the great God; and **all the people lifted their hands a**nd responded, "Amen! Amen!" Then they bowed down and worshiped the LORD with their faces to the ground. (Neh 8:6)

Jeremiah Arise, cry out in the night, as the watches of the night begin; pour out your heart like water in the presence of the Lord. **Lift up your hands to him for the lives of your children,** who faint from hunger at the head of every street. (Lam 2:19)

Jeremiah **Let us lift up our hearts and our han**ds to God in heaven, and say: (Lam 3:41)

Paul I want men everywhere **to lift up holy hands in prayer, without anger or disputing.** (1Ti 2:8)

**Heb 12:12**  Wherefore lift up the hands which hang down

**TOTAL 26 verses**