

Lesson 12 – Sunday: Lift Up Your Hands in the Sanctuary

1. Sabbath's lesson makes 2 distinctions:
 - a. The first distinction – Worship is MORE than “actions” (songs, prayers, sermons)
 - God wants worshippers, not just actions with a “Worship” Label
 - Worship = “A Life Lived Bowing Down”
 - **Romans 12:1** - *I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service.*
 - b. **The second distinction from the Memory Text**
 - **Psalm 104:33** – *“I will sing to the LORD as long as I live; I will sing praise to my God while I have my being.”*
 - *Worship is Intimate, Personal, Singular, Individual*
 - AND Worship is MORE than individual – it UNITES “The Congregation”
 - **Psalm 111:1** – *I will praise the Lord with my whole heart, in the assembly of the upright and in the congregation.*
2. **Psalm 134** – 2nd shortest Psalm / Bible Chapter
 - 24 Hebrew words – Less than half the length of the Lord's Prayer
 - Sometimes it doesn't take a lot of words to say what needs to be said – and more words would ruin it.
 - a. FINAL Song of Ascents
 - Last song of the pilgrimage, sung on the way out, a lingering farewell, don't want it to end
 - b. **V.1** – *“Behold...”* — “Look” “See” “Investigate” “Explore”
 - Open your eyes / Take it ALL in / Don't blink / Don't miss a moment of what God is doing!
 - Give a reasoned response to God, based on your experience, not from compulsion
3. *“Behold, bless the LORD, all you servants of the LORD, who by night stand in the house of the LORD!*
 - a. Talking of TWO TYPES of Servants of the Lord
 - b. The Levites who took turns – encouraging OTHER MINISTERS when we must depart
 - **1 Chronicles 9:33** – *These are the singers, heads of the fathers' houses of the Levites, who lodged in the chambers, and were free from other duties; for they were employed in that work day and night.*
 - c. BUT while all the Pilgrims are here, WE are ALL Servants of the Lord.
 - **Psalm 84:2** is the longing experience – *My soul longs, yes, even faints for the courts of the LORD;*
 - **Psalm 134** is ACTUALLY THERE - and it doesn't disappoint
 - **In Psalm 84:3** – They envy the birds who could MAKE THEIR HOME in the Temple Courts – TO STAY
 - *Even the sparrow has found a home, and the swallow a nest for herself, where she may lay her young—even Your altars, O LORD of hosts,*
4. **What do they do in the Sanctuary?**
 - c. **V. 2** – *Lift up your hands in the sanctuary, and bless the LORD.*
 - d. Praise God with your whole self
 - e. Lifting hands = prayer
 - **Psalm 141:2** – *Let my prayer be set before You as incense, the lifting up of my hands as the evening sacrifice.*
 - **1 Timothy 2:8**
 - f. Like Jacob (**Genesis 32:26**) – *“I will not let you go unless you bless me.”*
 - g. Such a person was Anna – **Luke 2:36-38** (preserved heritage) – *Now there was one, Anna, a prophetess, the daughter of Phanuel, of the tribe of Asher. She was of a great age, and had lived with a husband seven years from her virginity;³⁷ and this woman was a widow of about eighty-four years, who did not depart from the temple, but served God with fastings and prayers night and day.³⁸ And coming in that instant she gave thanks to the Lord, and spoke of Him to all those who looked for redemption in Jerusalem.*

5. Dwelling with God forever
- a. **Psalm 27:4** – *One thing I have desired of the LORD, that will I seek: that I may dwell in the house of the LORD all the days of my life, to behold the beauty of the LORD, and to inquire in His temple.*
 - b. **1 Timothy 5:5** – *Now she who is really a widow, and left alone, trusts in God and continues in supplications and prayers night and day.*
 - c. **REVELATION 3:12** – *“He who overcomes, I will make him a pillar in the temple of My God, and he shall go out no more. I will write on him the name of My God and the name of the city of My God, the New Jerusalem, which comes down out of heaven from My God. And I will write on him My new name.*
 - d. **REVELATION 7:15** – *“Therefore they are before the throne of God, and serve Him day and night in His temple. And He who sits on the throne will dwell among them.*
 - e. **PSALM 23:6** – *Surely goodness and mercy shall follow me all the days of my life; and I will dwell in the house of the LORD forever.*
 - f. **Psalm 92:13** – *Those who are planted in the house of the LORD shall flourish in the courts of our God.*