

Monday

Lesson 6 – PRAYER WARRIORS

May 4

The Posture of Prayer

When something goes wrong in our lives,
most of us call a close friend to talk about it.

When we have good news, we find someone to share
it with. We can do the same with God. "Prayer is
the opening of the heart to God as to a friend."

—Ellen G. White, *Steps to Christ*, p. 93.

Prayer not only keeps us connected to God
but tells the devil whose we are. When we kneel

to pray in the morning, it's like a physical declaration to the powers of darkness that we choose God this day. Not only that, but God sends angels to our side when we pray, and we are fortified and covered from the enemy of darkness (*Psalm 91*).

The physical act of kneeling in submission shows a humble posture. It's somehow different from sitting in a chair or lying in a bed while we pray, although we can pray in these positions, too. However, when we kneel before God, our heart surrenders more readily, as our body and our words declare that He is sovereign and that we are merely His created children.

Read the following Bible passages and consider the lives of these individuals who knelt when they prayed: *Dan. 6:10, Luke 22:41, Acts 7:60, Acts 9:40, Acts 20:36.*

Standing in prayer was SOMETIMES a common practiced in Bible times (*2 Chron. 20:5, 6, 13; 1 Sam. 1:26; Job 30:20; Luke 18:11*). The Bible also shares examples of people who sat when they prayed (*2 Sam. 7:18, 2 Kings 4:38*). Others prostrated themselves before God, with their face on the earth—although this posture was less commonly associated NOT ONLY with prayer, but rather submission before a superior (*1 Kings 1:47, Mark 14:35*).

What is your usual posture when you pray? The Bible doesn't require us to pray in any

particular posture, IN ORDER FOR GOD TO HEAR OUR PRAYER, but postures are important, as they reflect our reverence, our inner feelings, and our desire to surrender to God. KNEELING IN PRAYER IS MOST OFTEN REFLECTED IN SCRIPTURE, Some people are unable to kneel, so, ultimately, it's the heart condition that matters most. If you can kneel but usually don't, why not try kneeling next time you pray and see how it affects your time with God?

The Bible invites us to "pray without ceasing"

(1 Thess. 5:17), **implying constancy** *(Col. 4:2)* **and perseverance** *(Rom. 12:12)*. **Today, as you stand, sit, lie, or walk, turn your thoughts to God and talk to Him as your Friend. Begin right now.**