

Learn To Lift Your Holy Hands To The Lord!

الحق المغير للحياة

Life-Changing Truth

"I will therefore that men pray everywhere, lifting up holy hands, without wrath and doubting" (1Timothy 2:8)

There's something deeply spiritual and pleasing to God about lifting your hands to Him in worship and prayer. In Psalm 141:2, David said, *"Let my prayer be set forth before thee as incense; and the lifting up of my hands as the evening sacrifice"* (Psalm 141:2). Though he lived under the Old Testament, David had a revelation regarding true worship. The lifting up of your hands to the Lord in prayer and worship is far more pleasing to the Father than offering physical sacrifices.

If the Lord delights so much in seeing you lift your holy hands to Him in worship, then it means it's something you should take very seriously. It's got nothing to do with whether or not you 'feel' like lifting your hands to Him. You ought to do it because the Word says so! It's a training you must imbibe, for it's a spiritual act of reverence.

You might want to ask, "are my hands truly holy?" Well, if you're born again, the Bible says you're holy (Hebrews 3:1), and since you're holy that means your hands are holy, praise God! You ought to always lift those holy hands to the Lord in worship and supplication. When you learn to do this consistently, you'll find how very quickly you're able to make contact with the anointing of the Spirit! As a result, your times of worship and prayer will always be ignited with the manifested presence of God like you never thought possible.

Why don't you practice this right away? Lift your holy hands to the Lord and begin to worship Him! Tell Him how great He is, and how much you love Him. Praise Him lavishly from the bottom of your heart. Learn to do this every day, and the Lord will move mightily in your life in a special way.

Prayer

Dear Father, I thank you for teaching me the importance of lifting my holy hands to

