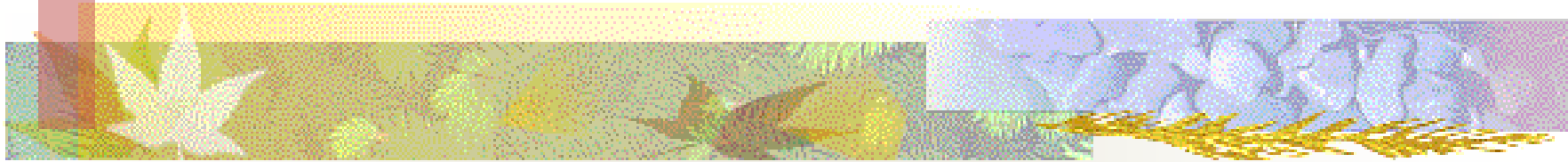


Pray as David Did



Posture for Prayer

By: Tim Kelley

amiyisrael.org



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- Postures for Prayer
 - Two variations

Goal:

To enhance our prayers and make them more effective.

Standing



“tephillah” (תְּפִלָּה – St. 8605) – prayer

“palal” (פָּלַל – Strong’s 6419) – “to
intervene, interpose, mediate, judge



NKJ **Genesis 18:16; 22-23** ¹⁶ Then the men rose from there and looked toward Sodom, and Abraham went with them to send them on the way.



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²⁷ Then Abraham answered and said, "Indeed now, I who *am but* dust and ashes have taken it upon myself to speak to the Lord:



NKJ **Genesis 24:12-14** ¹² Then he said, "O LORD God of my master Abraham, please give me success this day, and show kindness to my master Abraham. ¹³ "Behold, *here* I stand by the well of water, and the daughters of the men of the city are coming out to draw water. ¹⁴ "Now let it be that the young woman to whom I say, 'Please let down your pitcher that I may drink,' and she says, 'Drink, and I will also give your camels a drink' -- *let her be the one* You have appointed for Your servant Isaac. And by this I will know that You have shown kindness to my master."



^{NKJ} **1 Samuel 1:26** And she said, "O my lord! As your soul lives, my lord, I *am* the woman who stood by you here, praying to the LORD.



^{NKJ} **Matthew 6:5** " And when you pray, you shall not be like the hypocrites. For they love to pray standing in the synagogues and on the corners of the streets, that they may be seen by men. Assuredly, I say to you, they have their reward.



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NKJ Luke 9:28-32 ²⁸ Now it came to pass, about eight days after these sayings, that He took Peter, John, and James and went up on the mountain to pray . . . ³⁰ And behold, two men talked with Him, who were Moses and Elijah, ³¹ who appeared in glory and spoke of His decease which He was about to accomplish at Jerusalem. ³² But Peter and those with him were heavy with sleep; and when they were fully awake, they saw His glory and the two men who stood with Him.

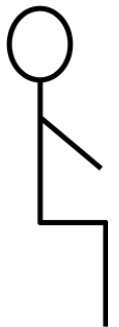


Sitting

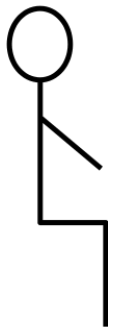



NKJ **Matthew 15:32-36** ³² Now Jesus called His disciples to *Himself* and said, "I have compassion on the multitude, because they have now continued with Me three days and have nothing to eat" ³⁵ So He commanded the multitude to sit down on the ground. ³⁶ And He took the seven loaves and the fish and gave thanks, broke *them* and gave *them* to His disciples; and the disciples *gave* to the multitude.

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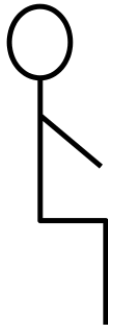


NKJ **Luke 22:14-19** ¹⁴ When the hour had come, He sat down, and the twelve apostles with Him. ¹⁵ Then He said to them, "With *fervent* desire I have desired to eat this Passover with you before I suffer; ¹⁶ "for I say to you, I will no longer eat of it until it is fulfilled in the kingdom of God." ¹⁷ Then He took the cup, and gave thanks, and said, "Take this and divide *it* among yourselves; ¹⁸ "for I say to you, I will not drink of the fruit of the vine until the kingdom of God comes." ¹⁹ And He took bread, gave thanks and broke *it*, and gave *it* to them, saying, "This is My body which is given for you; do this in remembrance of Me."

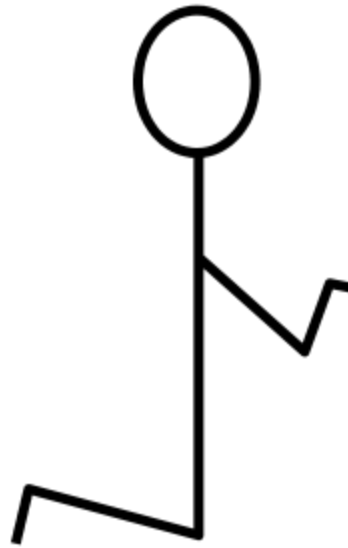




NKJ **2 Samuel 7:18-27** ¹⁸ Then King David went in and sat before the LORD; and he said: "Who *am* I, O Lord GOD? And what is my house, that You have brought me this far? ¹⁹ "And yet this was a small thing in Your sight, O Lord GOD; and You have also spoken of Your servant's house for a great while to come. *Is* this the manner of man, O Lord GOD? ²⁰ "Now what more can David say to You? For You, Lord GOD, know Your servant . . . ²⁷ "For You, O LORD of hosts, God of Israel, have revealed *this* to Your servant, saying, 'I will build you a house.' Therefore Your servant has found it in his heart to pray this prayer to You.



Kneeling



NKJ **Luke 22:39-42** ³⁹ Coming out, He went to the Mount of Olives, as He was accustomed, and His disciples also followed Him. ⁴⁰ When He came to the place, He said to them, "Pray that you may not enter into temptation." ⁴¹ And He was withdrawn from them about a stone's throw, and He knelt down and prayed, ⁴² saying, "Father, if it is Your will, take this cup away from Me; nevertheless not My will, but Yours, be done."

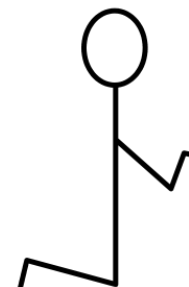
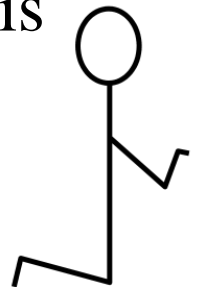




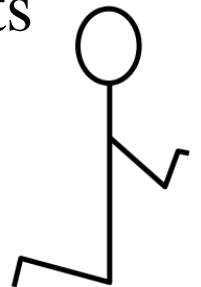
Fig. 1

NKJ **Daniel 6:10** ¹⁰ Now when Daniel knew that the writing was signed, he went home. And in his upper room, with his windows open toward Jerusalem, he knelt down on his knees three times that day, and prayed and gave thanks before his God, as was his custom since early days.



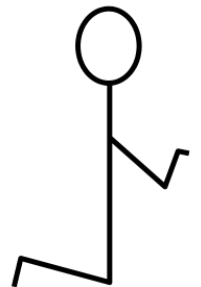
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NKJ **2 Chronicles 6:12-14** ¹² Then *Solomon* stood before the altar of the LORD in the presence of all the assembly of Israel, and spread out his hands ¹³ (for Solomon had made a bronze platform five cubits long, five cubits wide, and three cubits high, and had set it in the midst of the court; and he stood on it, knelt down on his knees before all the assembly of Israel, and spread out his hands toward heaven); ¹⁴ and he said: "LORD God of Israel, *there is* no God in heaven or on earth like You, who keep *Your* covenant and mercy with Your servants who walk before You with all their hearts . . . “

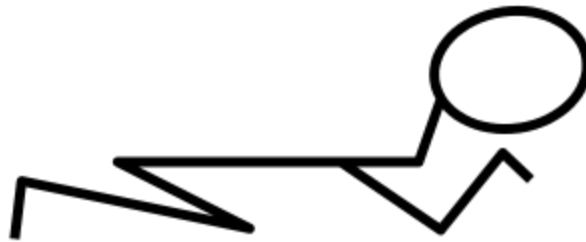


Additional Examples:

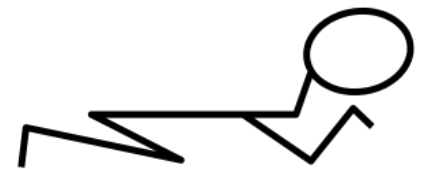
- Steven while being stoned (Acts 7:60)
- Peter when he raised Tabitha from the dead (Acts 9:40)
- Paul (along with the Ephesians) as he prepares to set sail for Jerusalem knowing that he faced severe trials upon arrival (Acts 20:36).



Prostrate



ESV **Matthew 18:23-27** ²³ "Therefore the kingdom of heaven is like a certain king who wanted to settle accounts with his servants. ²⁴ "And when he had begun to settle accounts, one was brought to him who owed him ten thousand talents. ²⁵ "But as he was not able to pay, his master commanded that he be sold, with his wife and children and all that he had, and that payment be made. ²⁶ "The servant therefore fell down before him, saying, 'Master, have patience with me, and I will pay you all.' ²⁷ "Then the master of that servant was moved with compassion, released him, and forgave him the debt.



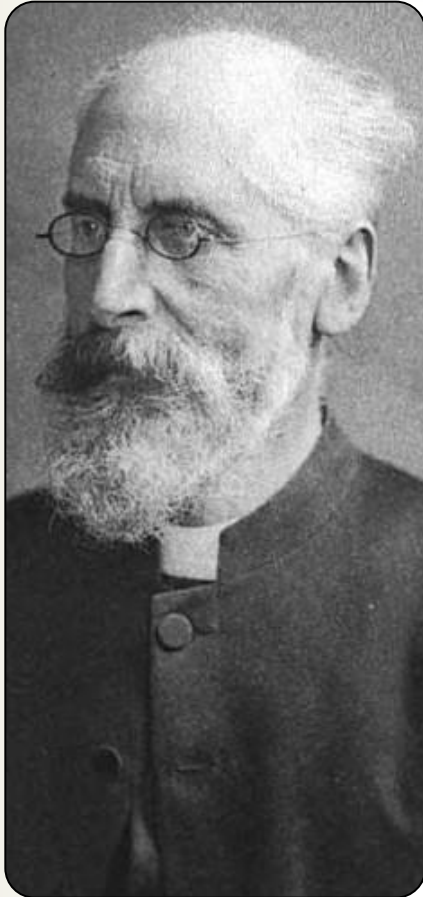
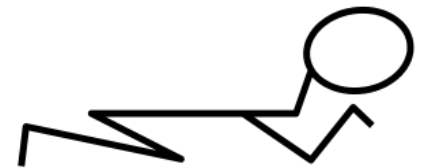


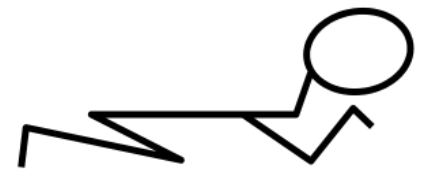
Fig. 2

“In regard to the special manner of bowing before the Lord, a distinction was made between bending the knees, bending the head, and falling prostrate on the ground. The latter was not deemed 'fit for every man, but only for such as knew themselves righteous men, like Joshua.”

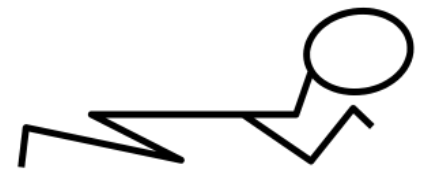
The Temple – Its Ministry and Services
Alfred Edershim



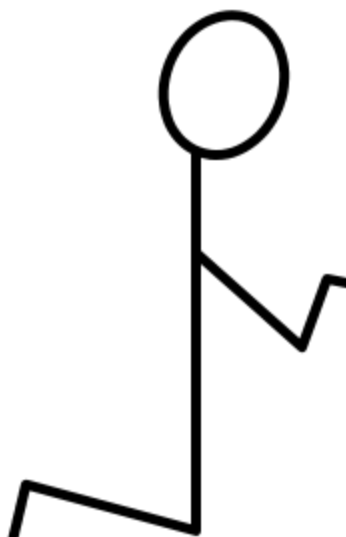
NKJ Genesis 17:1 When Abram was ninety-nine years old, the LORD appeared to Abram and said to him, "I *am* Almighty God; walk before Me and be blameless. ² "And I will make My covenant between Me and you, and will multiply you exceedingly." ³ Then Abram fell on his face, and God talked with him . . .



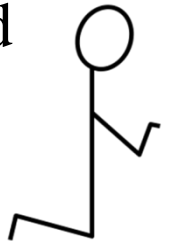
NKJ **Matthew 26:39** ³⁹ He went a little farther and fell on His face, and prayed, saying, "O My Father, if it is possible, let this cup pass from Me; nevertheless, not as I will, but as You *will*."




Pray Looking Down

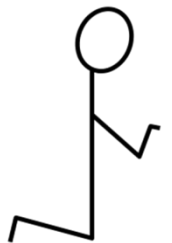


KJV Luke 18:9-14 ⁹ Also He spoke this parable to some who trusted in themselves that they were righteous, and despised others: ¹⁰ "Two men went up to the temple to pray, one a Pharisee and the other a tax collector. ¹¹ "The Pharisee stood and prayed thus with himself, 'God, I thank You that I am not like other men -- extortionist, unjust, adulterers, or even as this tax collector. ¹² 'I fast twice a week; I give tithes of all that I possess.' ¹³ "And the tax collector, standing afar off, would not so much as raise *his* eyes to heaven, but beat his breast, saying, 'God, be merciful to me a sinner!' ¹⁴ "I tell you, this man went down to his house justified *rather* than the other; for everyone who exalts himself will be humbled, and he who humbles himself will be exalted."

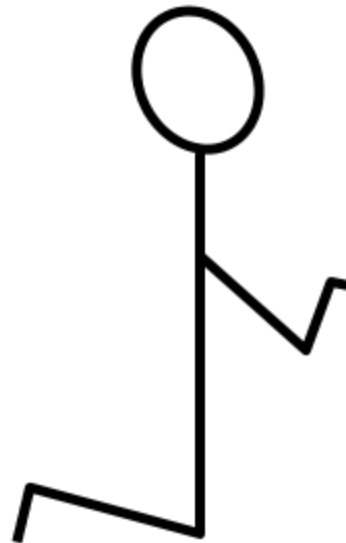




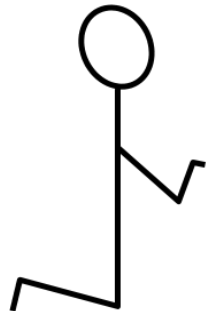
NKJ **Exodus 34:8-9** ⁸ So Moses made haste and bowed his head toward the earth, and worshiped. ⁹ Then he said, "If now I have found grace in Your sight, O Lord, let my Lord, I pray, go among us, even though we *are* a stiff-necked people; and pardon our iniquity and our sin, and take us as Your inheritance."



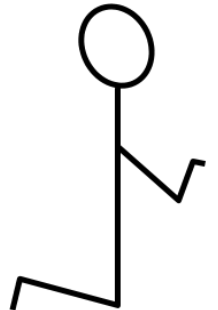
Pray Looking Up



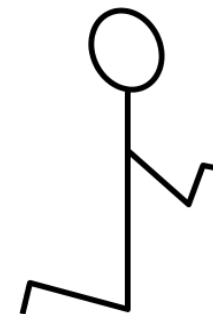
NKJ **Psalm 5:1** Give ear to my words, O LORD, Consider my meditation. ² Give heed to the voice of my cry, My King and my God, For to You I will pray. ³ My voice You shall hear in the morning, O LORD; In the morning I will direct *it* to You, And I will look up.



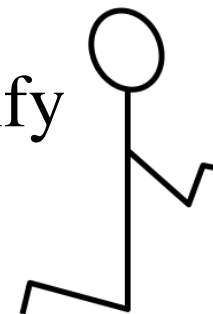
NKJ **Mark 6:39-42** ³⁹ Then He commanded them to
make them all sit down in groups on the green grass. ⁴⁰
So they sat down in ranks, in hundreds and in fifties. ⁴¹
And when He had taken the five loaves and the two
fish, He looked up to heaven, blessed and broke
the loaves, and gave *them* to His disciples to set
before them; and the two fish He divided among
them all. ⁴² So they all ate and were filled.



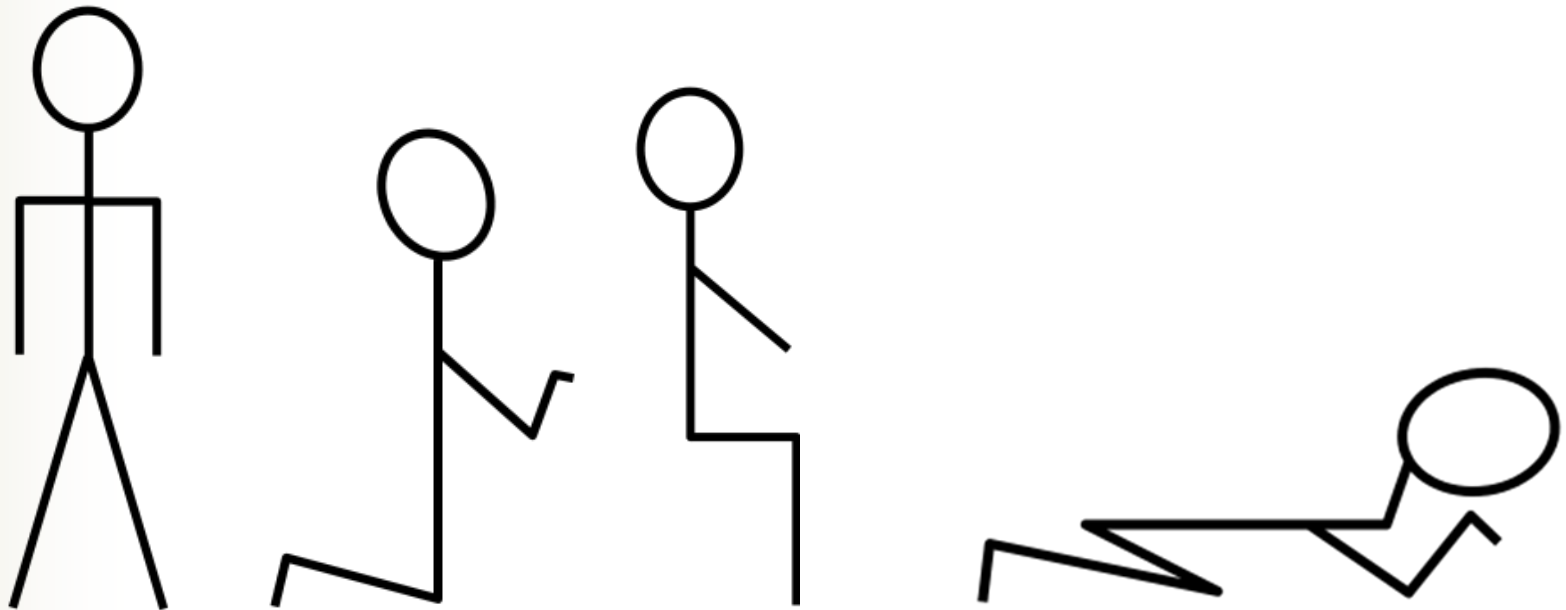
ESV **John 11:41-43** ⁴¹ Then they took away the stone *from the place* where the dead man was lying. And Jesus lifted up *His* eyes and said, "Father, I thank You that You have heard Me. ⁴² "And I know that You always hear Me, but because of the people who are standing by I said *this*, that they may believe that You sent Me." ⁴³ Now when He had said these things, He cried with a loud voice, "Lazarus, come forth!"



^{NKJ} **John 17:1** Jesus spoke these words, lifted up His eyes to heaven, and said: "Father, the hour has come. Glorify Your Son, that Your Son also may glorify You, ² "as You have given Him authority over all flesh, that He should give eternal life to as many as You have given Him. ³ "And this is eternal life, that they may know You, the only true God, and Jesus Christ whom You have sent. ⁴ "I have glorified You on the earth. I have finished the work which You have given Me to do. ⁵ "And now, O Father, glorify Me together with Yourself, with the glory which I had with You before the world was.



Postures for Prayer





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שְׁלוֹמֵךְ לָכֶם

Shalom Aleichem

Peace be Unto You