



Baber
Memorial AME

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Prayer Postures

In the bed face turned to the wall

2 Ki 20:1-6

20:1 In those days was Hezekiah sick unto death. And the prophet Isaiah the son of Amoz came to him, and said unto him, Thus saith the LORD, Set thine house in order; for thou shalt die, and not live.

2 Then he turned his face to the wall , and prayed unto the LORD, saying,

3 I beseech thee, O LORD, remember now how I have walked before thee in truth and with a perfect heart, and have done that which is good in thy sight. And Hezekiah wept sore.

4 And it came to pass, afore Isaiah was gone out into the middle court, that the word of the LORD came to him, saying,

5 Turn again, and tell Hezekiah the captain of my people, Thus saith the LORD, the God of David thy father, I have heard thy prayer, I have seen thy tears: behold, I will heal thee: on the third day thou shalt go up unto the house of the LORD.

6 And I will add unto thy days fifteen years; and I will deliver thee and this city out of the hand of the king of Assyria; and I will defend this city for mine own sake, and for my servant David's sake.

KJV

Eyes lifted to Heaven Jn 17:1-18:1

17:1 These words spake Jesus, **and lifted up his eyes to heaven**, and said, Father, the hour is come; glorify thy Son, that thy Son also may glorify thee:

There is no correct or certain posture for prayer. In the Bible people prayed on their knees ([1 Kings 8:45](#)), bowing ([Exodus 4:31](#)), on their faces ([2 Chronicles 20:18](#); [Matthew 26:39](#)), and standing ([1 Kings 8:22](#)).

What if I don't know how to pray

Romans 8:26-27

In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us with groans that words cannot express. And he who searches our hearts knows the mind of the Spirit, because the Spirit intercedes for the saints in accordance with God's will. ([NIV](#))

Matthew 6:7

"When you pray, don't babble on and on as people of other religions do. They think their prayers are answered only by repeating their words again and again." ([NLT](#))

Ecclesiastes 5:2

Do not be quick with your mouth, do not be hasty in your heart to utter anything before God. God is in heaven and you are on earth, so let your words be few. ([NIV](#))