Why Do We Lift Our Hands?

Adam Hellyer 6 January 2017



Lifting Hands in Worship

In Praise

'Lift up your hands in the sanctuary and praise the LORD.' (Psalm 134:2)

In Prayer

'May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.' (Psalm 141:2)

'I want men everywhere to lift up holy hands in prayer…' (1 Timothy 2:8)

In Surrender

The lifting of hands is a universal sign of surrender.

When we come to God in worship, lifting our hands is a physical demonstration of the surrender in our hearts and minds to His Lordship. Lifting our hands is also a form of supplication. Like a

man drowning in water, we lift up our hands to be saved. Unlike in war, when surrender means captivity and humiliation, surrender to God means freedom to be raised up and to live life to the full.

Today, if you have never raised your hands to God in worship or prayer, take the plunge! Lift up holy hands.