Why We Bow and Kneel?

Adam Hellyer 10 January 2017



‘Come, let us bow down in worship, let us kneel before the LORD our Maker; for he is our God and we are the people of his pasture, the flock under his care.’ (Psalm 95:6,7)

We Bow & Kneel to Honour & Submit

A young man once said to me that bowing ‘is like shaking hands in Chinese’. It is true of many cultures, and in worship it is also true. Bowing has to do with honoring the one to whom you bow. Bowing the lowest is a visible sign of submission; a humbling of yourself before another. Kneeling completes the logical progression. From bowing before the King of kings, we show complete submission by kneeling before Him, even prostrating ourselves, face down before Him.

‘When I saw him, I fell at his feet as though dead. Then he placed his right hand on me and said: “Do not be afraid. I am the First and the Last.”’ (Revelation 1:17)

When we see God in His glory, and Jesus ascended and exalted, the most natural thing in the world is to fall before Him.

Today, if you have never bowed or knelt in worship, take the plunge! ‘Come, let us bow down in worship, let us kneel before the LORD our Maker’.