



LIFTING UP HOLY HANDS

*CONNECTING TO GOD IN
WORSHIP AND PRAYER*

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Psalm 134

Praise the LORD, all you servants of the LORD who minister by night in the house of the LORD. Lift up your hands in the sanctuary and praise the LORD. May the LORD, the Maker of heaven and earth, bless you from Zion.



Psalm 139

¹⁵ My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the
depths of the earth.

¹⁶ Your eyes saw my unformed body;
all the days ordained for me were
written in your book
before one of them came to be.

¹⁷ How precious to me are your
thoughts, God!

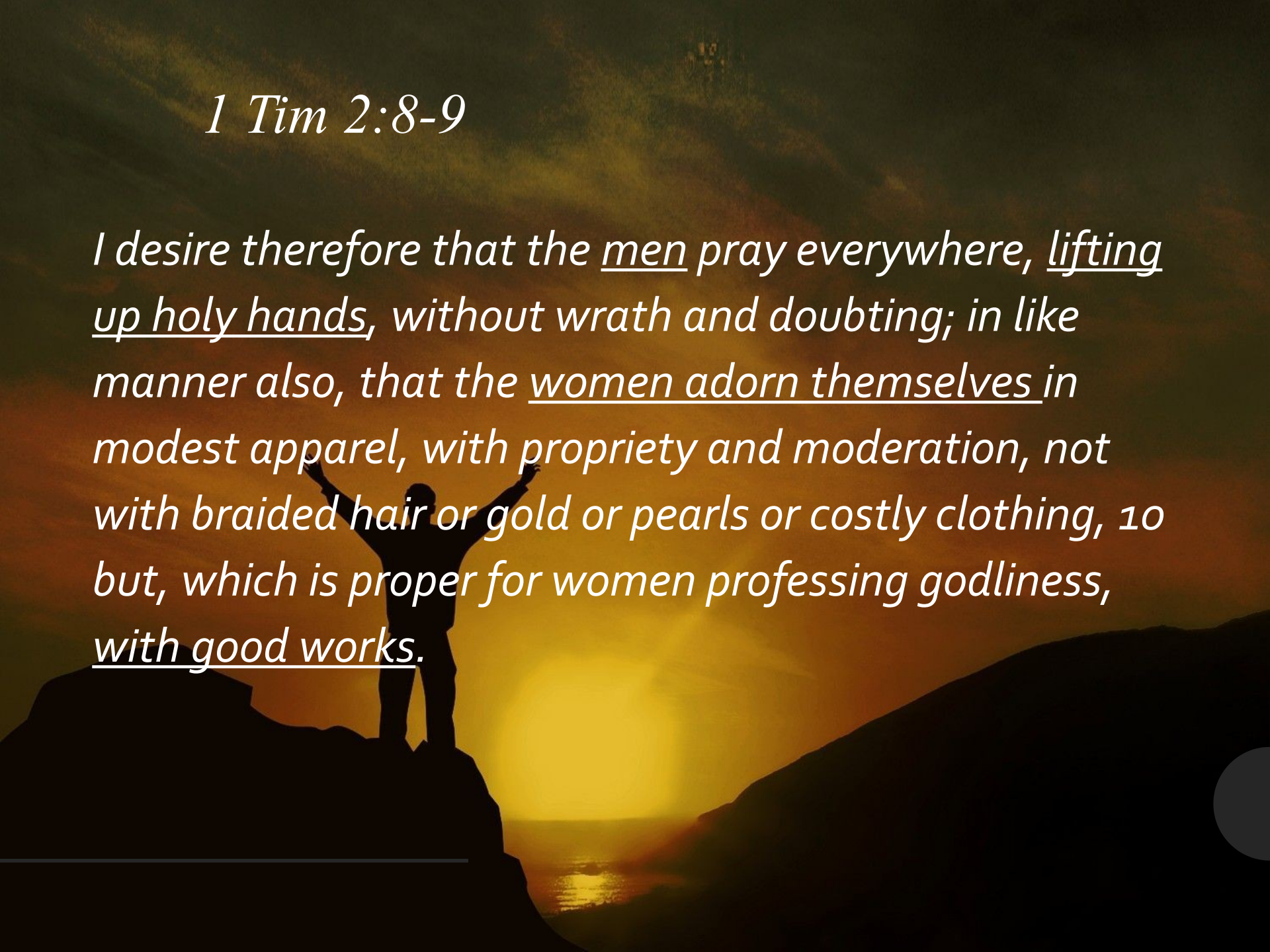
How vast is the sum of them!

¹⁸ Were I to count them,
they would outnumber the grains of
sand—
when I awake, I am still with you.



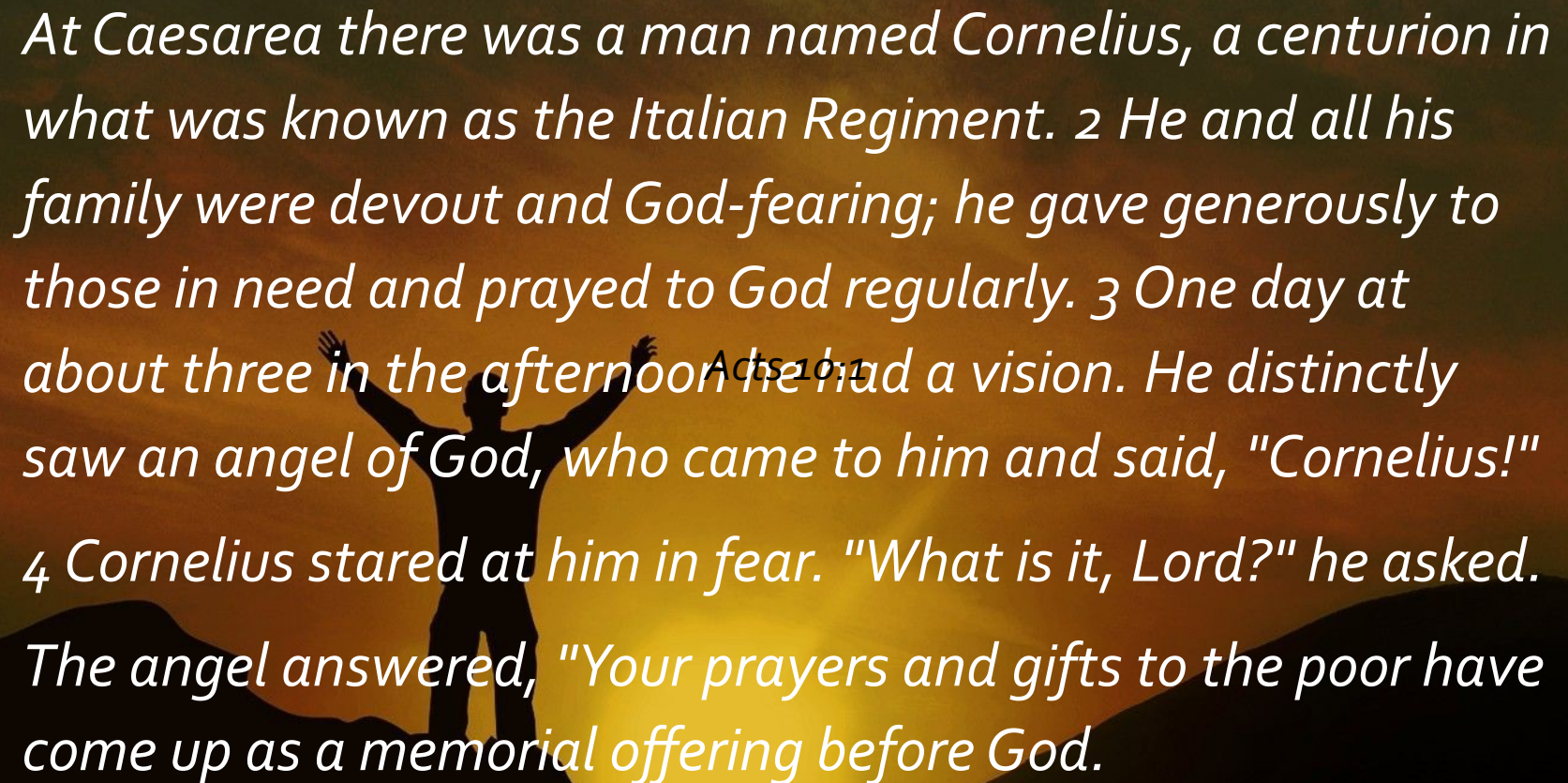
1 Tim 2:8-9

*I desire therefore that the men pray everywhere, lifting up holy hands, without wrath and doubting; in like manner also, that the women adorn themselves in modest apparel, with propriety and moderation, not with braided hair or gold or pearls or costly clothing, **10** but, which is proper for women professing godliness, with good works.*

A silhouette of a person standing on a rocky outcrop with arms raised in prayer, set against a sunset or sunrise over a body of water. The sky is a mix of dark and light colors, and the water reflects the light from the sun.

Acts 10:1-4

At Caesarea there was a man named Cornelius, a centurion in what was known as the Italian Regiment. 2 He and all his family were devout and God-fearing; he gave generously to those in need and prayed to God regularly. 3 One day at about three in the afternoon he had a vision. He distinctly saw an angel of God, who came to him and said, "Cornelius!" 4 Cornelius stared at him in fear. "What is it, Lord?" he asked. The angel answered, "Your prayers and gifts to the poor have come up as a memorial offering before God.



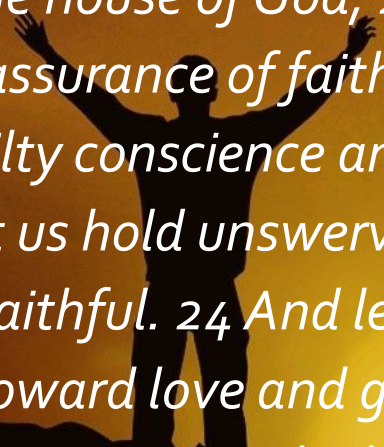
1 Sam 2:30

...those who honor me, I will honor...



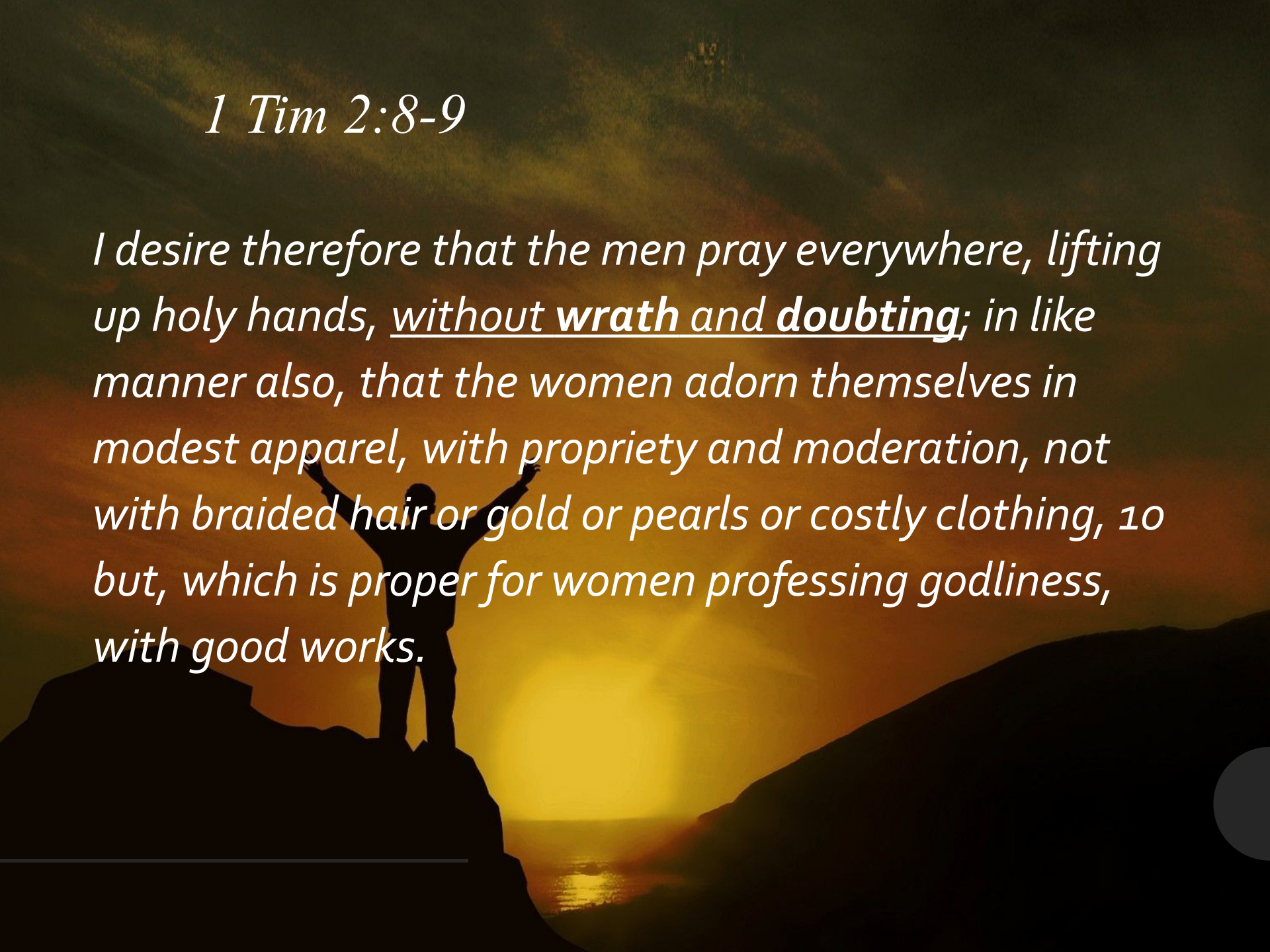
Heb 10:19

Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, 20 by a new and living way opened for us through the curtain, that is, his body, 21 and since we have a great priest over the house of God, 22 let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. 23 Let us hold unswervingly to the hope we profess, for he who promised is faithful. 24 And let us consider how we may spur one another on toward love and good deeds. 25 Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another-and all the more as you see the Day approaching.

A silhouette of a person standing on a rocky outcrop, with arms raised in a gesture of praise or prayer. The background is a warm, golden sunset over a body of water, with the sun low on the horizon. The overall mood is one of hope and spiritual reflection.

1 Tim 2:8-9

I desire therefore that the men pray everywhere, lifting up holy hands, without wrath and doubting; in like manner also, that the women adorn themselves in modest apparel, with propriety and moderation, not with braided hair or gold or pearls or costly clothing, ¹⁰ but, which is proper for women professing godliness, with good works.

A silhouette of a person standing on a rocky outcrop with arms raised in prayer, set against a sunset or sunrise over a body of water. The person is positioned in the center-left of the frame, with their arms raised towards the sky. The background is a warm, golden glow from the sun, which is partially obscured by the horizon. The water in the foreground reflects the light of the sun. The overall scene is peaceful and contemplative.

Hinderance 1

*Holding onto
your sin*

*Ps 66:16 Come and listen, all
you who fear God; let me tell
you what he has done for me.*

*17 I cried out to him with my
mouth; his praise was on my
tongue.*

*18 If I had cherished sin in my
heart, the Lord would not have
listened;*

*19 but God has surely listened
and heard my voice in prayer.*



*Prayer usually works not by changing God's
mind, but by God changing us*



Hinderance 2

Double- mindedness

James 4:8 Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded. 9 Grieve, mourn and wail. Change your laughter to mourning and your joy to gloom. 10 Humble yourselves before the Lord, and he will lift you up.




Hinderance 3

Giving God your leftovers

Mal 1:14 "Cursed is the cheat who has an acceptable male in his flock and vows to give it, but then sacrifices a blemished animal to the Lord. For I am a great king," says the LORD Almighty, "and my name is to be feared among the nations."



A silhouette of a person standing on a rocky cliff with their arms raised in a gesture of praise or prayer. The background is a warm, golden sunset over a body of water, with the sun low on the horizon. The overall mood is one of hope and spiritual reflection.

Hinderance 4

Ritual without Reality

Isa 1:14 Your New Moon festivals and your appointed feasts my soul hates. They have become a burden to me; I am weary of bearing them. 15 When you spread out your hands in prayer, I will hide my eyes from you; even if you offer many prayers, I will not listen. Your hands are full of blood; 16 wash and make yourselves clean. Take your evil deeds out of my sight! Stop doing wrong, 17 learn to do right! Seek justice, encourage the oppressed. Defend the cause of the fatherless, plead the case of the widow.

18 "Come now, let us reason together," says the LORD. "Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool.

Isaiah 58

Isa 58:5 Is this the kind of fast I have chosen, only a day for a man to humble himself? Is it only for bowing one's head like a reed and for lying on sackcloth and ashes? Is that what you call a fast, a day acceptable to the LORD?

Israelites Fast	True Fast
One day to humble oneself (v5)	Breaking injustice (v6)
Symbolic rituals	Share food/clothes/shelter with the hungry/naked/wanderer (v7)
Strife	Care for your own family (v7)
Injustice	No malicious talk or slander
Doing as you please	Spend yourself to satisfy the needs of the oppressed (10)
Requests NOT heard by God (v4)	The Lord will answer

*When our
prayer and
worship
leads us to
caring for
the world*

God
promises
to respond
to such a
“fast”

- He will make us shine like the sun in the darkness.
- He will be our guide
- He will make us a well-watered garden and a spring whose waters never fail

Gods
people
accomplish
great
things if
we stand
up for true
justice

- Repair broken walls
- Restore streets with dwellings


Hinderance 5

Our own hearts



1 John 3:16 This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers. 17 If anyone has material possessions and sees his brother in need but has no pity on him, how can the love of God be in him? 18 Dear children, let us not love with words or tongue but with actions and in truth. 19 This then is how we know that we belong to the truth, and how we set our hearts at rest in his presence 20 whenever our hearts condemn us. For God is greater than our hearts, and he knows everything.

Overcoming the hinderances

1. If you are holding onto sin, repent. If you are seeking your own kingdom instead of God's, repent. If you are not treating your wife right, repent.
 2. If you are not whole-hearted toward God – surrender everything to him.
 3. If you are giving God what is leftover after giving to everyone else, switch the order and start giving to God your first and best.
 4. If your worship is just ritual, and not changing who you are or what you do outside of the church walls, ask God how you can begin to really do the things that are important to God's heart.
 5. If your own heart is condemning you – look at your hands and your clothing. Are your hands holy? Busy doing good? Ladies, are you adorned this morning with good works? If so appeal back to God to vindicate you.
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*RAISE YOUR HANDS IN
PRAYER*

