

“You, God, are my God,  
earnestly I seek you;  
I thirst for you, my whole being longs  
for you, in a dry and parched land  
where there is no water. I have seen  
you in the sanctuary and beheld your  
power and your glory. Because your  
love is better than life, my lips will  
glorify you. I will praise you as long  
as I live, and in your name I will lift up  
my hands.”

Psalms 63:1-4 NIV



COME

 *to* 

WORSHIP





**“Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him.”**

**Matthew 2:2 NIV**

**4 postures of worship:**  
**Bowed knees \* Lift Your Hands**  
**Pour out your heart \* Bring gifts**





# \* Lift Your Hands \*



# “Lift Your Hands”

## References in scriptures:

“The one who has clean hands  
and a pure heart,  
who does not trust in an idol  
or swear by a false god.”

**Psalms 24:4 NIV**



# “Lift Your Hands”

## References in scriptures:

“You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands.”

Psalms 63:1-4 NIV

# “Lift Your Hands”

## References in scriptures:

“Lift up your hands in the sanctuary and praise the Lord” Psalms 134:2 NIV

“Hear my cry for mercy as I call to you for help, as I lift up my hands toward your Most Holy Place.” Psalms 28:2 NIV



# “Lift Your Hands”

## References in scriptures:

“When he had led them out to the vicinity of Bethany, he lifted up his hands and blessed them.”

Luke 24:50 NIV

# “Lift Your Hands”

## References in scriptures:

“Therefore I want the men everywhere to pray, lifting up holy hands without anger or disputing.”

1 Timothy 2:8 NIV



So why  
“Lift Your Hands”?

“Draw near to God and  
He will draw near to you.”

James 4:8 NIV

# So why “lift our hands”?

“O Lord, I call upon you; hasten to me!  
Give ear to my voice when I call to you!  
Let my prayer be counted as incense  
before you, and the lifting up of my  
hands as the evening sacrifice!”

Psalms 141:1-2 ESV



# So why “Lift Your Hands”?

\* Worship

\* Reaching out to God

\* Offering of praise

\* Battle

“So Joshua fought the Amalekites as Moses had ordered, and Moses, Aaron and Hur went to the top of the hill. As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning.”

Exodus 17:10-11NIV



“When Moses’ hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up—one on one side, one on the other—so that his hands remained steady till sunset. So Joshua overcame the Amalekite army with the sword.”

Exodus 17:12-13 NIV

**Lifted hands throughout  
history symbolized 2 things:**

**VICTORY**

**or**

**SURRENDER**



**Who needs to “lift your hands” to  
worship God for all he has done  
in your life?**

**Who needs to “lift your hands” in  
surrender to God’s plan  
for your life?**

# \* Lift Your Hands \*







COME



to

WORSHIP

