

OUR POSTURE BEFORE GOD

I. Various Scriptures

A. Revelation 7:9-12 (ESV) The Apostle of Love gives us a glimpse of the glory in the presence of God: **9** *After this I looked, and behold, a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands, 10 and crying out with a loud voice, "Salvation belongs to our God who sits on the throne, and to the Lamb!" 11 And all the angels were standing around the throne and around the elders and the four living creatures, and they fell on their faces before the throne and worshiped God, 12 saying, "Amen! Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God forever and ever! Amen."*

B. As a Communications major in college, just about every class talked about nonverbal communication (i.e. body language). Sometimes a person can say one thing with their mouth and something completely different with their body language. Volumes can be communicated by a look or glance or a person's posture. Sometimes our postures don't agree with our words. At other times our posture and words fit together, seamlessly communicating in perfect unison. Such was the case when the angelic hosts and saints of old fell face down before the Throne of God, crying out: "Salvation belongs to our God who sits on the throne, and to the Lamb! "Amen! Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God forever and ever! Amen."

C. Many Christians in many places in our time are boldly chirping things they know not of. They've taken postures that are the antithesis of humility. Their pompousness and swagger are appalling. Once more, they strut about as though God approves. When their prophecies are proven false, they concoct excuses rather than confessions. And then they still have the audacity of asking for more money, more accolades, and the continued allegiance of their followers!

D. (Illustration of looking up at nothing.) Today I want to put forward three postures that I believe we should be taking as believers. These postures, full of honesty and humility, will be pleasing to our Lord and give credence to our words, not to mention hope for those around us. If we can get people to quit looking at us and start looking at what we're looking at, it could be transformational.

E. Last Sunday I talked about the pagan king, Nebuchadnezzar. God raised him up to take Judah down. His dynasty became glorious. And with great pride he said, 'Look what I have done!' God afflicted him with 7 years on insanity. And after 7 years something amazing happened. Daniel 4:34-35 (ESV) says: 34 *At the end of the days I, Nebuchadnezzar, lifted my eyes to heaven, and my reason returned to me, and I blessed the Most High, and praised and honored Him who lives forever, for His dominion is an everlasting dominion, and His kingdom endures from generation to generation; 35 all the inhabitants of the earth are accounted as nothing, and He does according to His will among the host of heaven and among the inhabitants of the earth; and none can stay His hand or say to Him, "What have You done?"*

F. We've long sung Psalm 121 which begins: "I will lift up mine eyes unto the hills, from whence cometh my help? My help cometh from the LORD who made heaven and

earth." What's our posture? **Looking up!** Looking up where? To the hills? No! To the LORD! Anything we look up to that isn't Him is idolatry! And help doesn't come from idols, whether those idols be people, places, things, treasures, possessions, ideas, philosophies, or pleasures. Therefore, we look up to God!

G. Job is the poster child for suffering. He's also the poster child for endurance--patiently suffering through the painful loss of family, possessions, and health. Burials, bereavement, boils, and blather were his lot. He suffered patiently despite his wife and friends saying he surely deserved it. But God said there wasn't a more righteous man on the planet. Meanwhile Job's "*friends*" kept yapping. But then God speaks. Job's friends are rebuked. Job's put in his place. And then in the midst of this powerful scolding we see Job take on the right posture before Almighty God. **Job 40:3-5** (NIV) tells it: **3** *Then Job answered the LORD: 4 "I am unworthy--how can I reply to You? I put my hand over my mouth. 5 I spoke once, but I have no answer--twice, but I will say no more."* **God wasn't done talking yet but I suspect Job kept his hand over his mouth for the rest of the lecture!** When you don't know what God is doing, it's best not to postulate your wild ideas when you're as clueless as the next guy. **Proverbs 17:28** (NASB) says: **28** *Even a fool, when he keeps silent, is considered wise; when he closes his lips, he is considered prudent.* **What's our posture? We put our hands over our mouths!**

H. And what about the posture of our hearts? While sometimes *standing* in someone's presence displays honor, e.g. '*Please rise as the honorable Judge So n' So enters the courtroom...*' **kneeling before God** in reverent humility is the better posture. **Psalm 95:6-7a** (ESV) says: **6** *Oh come, let us worship and bow down; let us kneel before the LORD, our Maker! 7 For He is our God, and we are the people of His pasture, and the sheep of His hand.* **Verse 6 in the Amplified says:** "*O come, let us worship and bow down, [let us kneel before the LORD our Maker [in reverent praise and prayer].*" **Kneeling before God is the posture of reverence. It displays trust in *Who* He is in all He's doing. Upon our knees we offer our heartfelt praise and prayers. What's our posture? We bow before Him! We kneel before our the LORD our Maker!**

I. God may put us on our backs to make us look up. So it's better to look up first. God knows what He's doing and He never needs our counsel. He never needs our opinions. We place our hands over our mouths. And God is ever so worthy--*holy, holy, holy* is His name! So we bow our knees before Him in reverence and awe!

J. **Philippians 2:8-11** (ESV) reiterates the Gospel. It takes us to the cross, to the Throne, and all the way home: **8** *And being found in human form, He (**Jesus**) humbled Himself by becoming obedient to the point of death, even death on a cross. 9 Therefore God has highly exalted Him and bestowed on Him the name that is above every name, 10 so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, 11 and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.*

* Close with Prayer...

[**Scriptures, Videos, & Bonus Stuff**](#)

Revelation 7:9-12 (ESV)

9 After this I looked, and behold, a great multitude that no one could number, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands, **10** and crying out with a loud voice, "Salvation belongs to our God who sits on the throne, and to the Lamb!" **11** And all the angels were standing around the throne and around the elders and the four living creatures, and they fell on their faces before the throne and worshiped God, **12** saying, "Amen! Blessing and glory and wisdom and thanksgiving and honor and power and might be to our God forever and ever! Amen."

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Job 40:3-5 (NIV)

3 Then Job answered the LORD: **4** "I am unworthy--how can I reply to You? I put my hand over my mouth. **5** I spoke once, but I have no answer--twice, but I will say no more."

Proverbs 17:28 (NASB)

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Psalms 95:6-7a (ESV)

6 Oh come, let us worship and bow down; let us kneel before the LORD, our Maker!
7 For He is our God, and we are the people of His pasture, and the sheep of His hand.

Psalms 95:6-7a (AMP)

6 O come, let us worship and bow down, Let us kneel before the LORD our Maker [in reverent praise and prayer]. **7** For He is our God and we are the people of His pasture and the sheep of His hand.

Philippians 2:8-11 (ESV)

8 And being found in human form, He humbled Himself by becoming obedient to the point of death, even death on a cross. **9** Therefore God has highly exalted Him and bestowed on Him the name that is above every name, **10** so that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, **11** and every tongue confess that Jesus Christ is Lord, to the glory of God the Father.

Bonus Rations for Further Nourishment

"Come, Let Us Worship" (Psalm 95:6-7) - Fernando Ortega
<https://www.youtube.com/watch?v=flxNURVs0Mo>

"O Come Let Us Worship" - Ted Sandquist, Nedra Ross, Phil Keaggy, & Love Inn Co.
<https://www.youtube.com/watch?v=RQltrUNPUGQ>

Job: The Revelation of God in Suffering - John Piper (Sermon Audio & Text)
<https://www.desiringgod.org/messages/job-the-revelation-of-god-in-suffering>

Job: An Overview - The Bible Project
https://www.youtube.com/watch?v=xQwnH8th_fs

The Book of Job - R.C. Sproul
<https://www.youtube.com/watch?v=7Eh9y9yem0A>

"Every Knee Shall Bow" - Twila Paris
<https://www.youtube.com/watch?v=oEAljL-1kNM>

The Cure for the Prophetic Pandemic - Dawn Hill, *The Lovesick Scribe*
<https://lovesickscribe.com/2021/01/21/the-cure-for-the-prophetic-pandemic/>

[Psalm 123:1-2 \(NLT\)](#)

1 I lift my eyes to you, O God, enthroned in heaven. **2** We keep looking to the LORD our God for His mercy, just as servants keep their eyes on their master, as a slave girl watches her mistress for the slightest signal.

[Psalm 5:7 \(ESV\)](#)

7 But I, through the abundance of Your steadfast love, will enter Your house. I will bow down toward Your holy temple in the fear of You.

[Psalm 138:1-2 \(ESV\)](#)

1 I give You thanks, O LORD, with my whole heart; before the gods I sing Your praise; **2** I bow down toward Your holy temple and give thanks to Your name for Your steadfast love and Your faithfulness, for You have exalted above all things Your name and Your word.

[2 Kings 17:34-36 \(ESV\)](#)

34 To this day they do according to the former manner. They do not fear the LORD, and they do not follow the statutes or the rules or the law or the commandment that the LORD commanded the children of Jacob, whom He named Israel. **35** The LORD made a covenant with them and commanded them, "You shall not fear other gods or bow yourselves to them or serve them or sacrifice to them, **36** but you shall fear the LORD, who brought you out of the land of Egypt with great power and with an outstretched arm. You shall bow yourselves to Him, and to Him you shall sacrifice.

[Isaiah 6:1-6 \(ESV\)](#)

1 In the year that King Uzziah died I saw the Lord sitting upon a throne, high and lifted up; and the train of His robe filled the temple. **2** Above Him stood the seraphim. Each had six wings: with two he covered his face, and with two he covered his feet, and with two he flew. **3** And one called to another and said: "Holy, holy, holy is the LORD of hosts; the whole earth is full of His glory!" **4** And the foundations of the thresholds shook at the voice of him who called, and the house was filled with smoke. **5** And I said: "Woe is me! For I am lost; for I am a man of unclean lips, and I dwell in the midst of a people of unclean lips; for my eyes have seen the King, the LORD of hosts!" **6** Then one of the seraphim flew to me, having in his hand a burning coal that he had taken with tongs from the altar. **7** And he touched my mouth and said: "Behold, this has touched your lips; your guilt is taken away, and your sin atoned for."

Isaiah 45:22-23 (NLT)

22 Let all the world look to Me for salvation! For I am God; there is no other. **23** I have sworn by My own name; I have spoken the truth, and I will never go back on My word: Every knee will bend to Me, and every tongue will declare allegiance to Me.

Nehemiah 9:6 (VOICE)

6 You are the Eternal, the only One. The skies are Your work alone--You made the heavens above those skies and the stars that fill them. You made the earth and everything upon it, the seas and all that lives within their depths. Your creation lives and is sustained by You, and those who dwell in the heavens fall down before You and worship.

Zephaniah 2:11 (AMP)

11 The LORD will be terrifying and awesome to them, for He will starve all the gods of the earth; and all the coastlands of the nations will bow down and worship Him, everyone from his own place.

Romans 14:10-12 (NIV)

10 You, then, why do you judge your brother or sister? Or why do you treat them with contempt? For we will all stand before God's judgment seat. **11** It is written: "'As surely as I live,' says the Lord, 'every knee will bow before Me; every tongue will acknowledge God.'" **12** So then, each of us will give an account of ourselves to God.

James 4:7-10 (NIV)

7 Submit yourselves, then, to God. Resist the devil, and he will flee from you. **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.

Ephesians 3:14-21 (ESV)

14 For this reason I bow my knees before the Father, **15** from whom every family in heaven and on earth is named, **16** that according to the riches of His glory He may grant you to be strengthened with power through His Spirit in your inner being, **17** so

that Christ may dwell in your hearts through faith--that you, being rooted and grounded in love, **18** may have strength to comprehend with all the saints what is the breadth and length and height and depth, **19** and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. **20** Now to Him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, **21** to Him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.

Quote by Charles Spurgeon

"Every Christian has a choice between being humble and being humbled."

Quote by R.C. Ryle

"The surest mark of true conversion is humility."

Quote by A.W. Tozer

"For the Christian, humility is absolutely indispensable. Without it there can be no self-knowledge, no repentance, no faith and no salvation."

Quote by Augustine

"Do you wish to rise? Begin by descending. You plan a tower that will pierce the clouds? Lay first the foundation of humility."

Quote by Elisabeth Elliot

"Does God ask us to do what is beneath us? This question will never trouble us again if we consider the Lord of heaven taking a towel and washing feet."

Quote by Jonathan Edwards

"Spiritual pride is very apt to suspect others, but a humble saint is most jealous of himself. He is as suspicious of nothing in the world as he is of his own heart. The spiritually proud person is apt to find fault with other saints...and to be quick to notice their deficiencies. But the eminently humble Christian has so much to do at home, and sees so much evil in his own heart, and is so concerned about it, that he is not apt to be very busy with other hearts... Pure Christian humility disposes a person to take notice of everything that is good in others, and to make the most of it, and to diminish their failings, but to give his eye chiefly on those things that are bad in himself."

Quote by Tim Challies

"Is there any trait more odious than pride or more precious than humility? Is there any trait whose presence we so highly honor in others and whose absence we so readily excuse in ourselves? Truly, pride is the chief of sins and humility the highest of virtues. Yet the Christian has the joy of seeing the Holy Spirit put pride to death and bring to life the beauty of humility."

Quote by Billy Graham

“Our dress, our posture, our actions should all be for the honor and glory of Christ. Much of our talk as Christians is secular, not spiritual. It is easy to fall into the conversational conformity of the world and spend an evening discussing politics, new cars, and the latest entertainment. We often forget that we are to edify one another with holy conversation and that our conversation should be on heavenly, and not exclusively on earthly things.”

What Does the Bible Say About Bowing or Kneeling in Prayer?

By S. Michael Houdmann - GotQuestions.org

<https://www.gotquestions.org/bowing-kneeling-prayer.html>

Question: *"What does the Bible say about bowing or kneeling in prayer?"*

Answer: [Psalm 95:6](#) says, “Come, let us worship and bow down, Let us kneel before the LORD our Maker.” Bowing and kneeling have long been associated with worship and reverence (see [2 Chronicles 6:13](#); [Psalm 138:2](#); [Daniel 6:10](#)). In fact, the Hebrew word for “worship” actually means “bow down.” But is bowing or kneeling the only posture we are to take in [worshiping](#) or [praying](#)?

The first instance recorded in the Bible of bowing in reverence is in [Genesis 18:2](#) when the three heavenly visitors came to Abraham. He knew they represented God, and he bowed to the ground in welcome. A few generations later, Pharaoh, king of Egypt, ordered all Egyptians to bow to Joseph as a sign of respect for the former slave promoted to second-in-command ([Genesis 41:42–43](#)). So, very early in human history, bowing or kneeling came to represent taking a humble position before someone of greater importance.

Bowing and kneeling before rulers and false gods had become commonplace by the time God gave the Law to Moses. God wanted to set some new boundaries about the worship owed to Him. The second commandment says, “You shall not make for yourself an image in the form of anything. . . . You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God” ([Exodus 20:4–5](#)). God reserves any form of worship for Himself, and bowing down before someone or something else as a form of worship is forbidden. In [Revelation 19:10](#), John falls at the feet of the angel who was explaining a vision to him, but the angel immediately corrects him: “Don’t do that! I am a fellow servant with you and with your brothers and sisters who hold to the testimony of Jesus. Worship God!”

Bowing and kneeling were not the only postures adopted by worshipers in the Bible. Moses and Aaron fell facedown before the Lord, and His glory overshadowed them ([Numbers 20:6](#)). Ezekiel fell facedown in grief, crying out to the Lord, and the Lord answered him ([Ezekiel 11:13–14](#)). The Levites were to “stand every morning to thank and praise the LORD. They were to do the same in the evening” ([1 Chronicles 23:30](#)). King David “went in and sat before the Lord” to pray ([2 Samuel 7:18](#)). Jesus “lifted His eyes toward heaven” when He offered His longest recorded prayer ([John 17](#)), and Paul

exhorted “men everywhere to pray, lifting up holy hands without anger or disputing” ([1 Timothy 2:8](#)). According to the Bible, there is more than one right posture for worship or prayer.

While physical representations of worship are important, and our entire being should be engaged in worship of God, the posture of our hearts is of more importance than the position of our bodies. When the posture of our hearts is humility and awe, our bodies often yearn to express that in physical ways. Kneeling, bowing, lying facedown, bowing our heads, and lifting our hands are all physical expressions of the attitudes of our hearts. Of course, without a corresponding heart posture, the physical actions are empty showmanship. [Psalm 51:17](#) eloquently summarizes God’s desire for our worship: “The sacrifices of God are a broken spirit; A broken and a contrite heart, O God, You will not despise.”

True worship is a lifestyle, not an activity. While dedicated times of intense communion with God are vital to our spiritual health, we are also told to “pray without ceasing” ([1 Thessalonians 5:17](#)). Our bodies are to be living sacrifices ([Romans 12:1–2](#)) and our hearts filled with “psalms and hymns and spiritual songs, singing and making melody with your heart to the Lord; always giving thanks for all things in the name of our Lord Jesus Christ to God, even the Father” ([Ephesians 5:19–20](#)). Our hearts can be in a continual state of worship and prayer, even as we go about our days. A.W. Tozer wrote, “The goal of every Christian should be to live in a state of unbroken worship.” When that is the goal of our lives, kneeling, bowing, lying prostrate, and walking down the street are all postures of prayer and worship that are pleasing to God.

Recommended Resource: [The Prayer That Turns the World Upside Down: The Lord’s Prayer as a Manifesto for Revolution by R. Albert Mohler Jr.](#)

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