

LIFTING UP HOLY HANDS

*CONNECTING TO GOD IN WORSHIP
AND PRAYER*

Ted Ohrn

November 3, 2019



*I desire therefore that the men pray
everywhere, lifting up holy hands,
without wrath and doubting*



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.

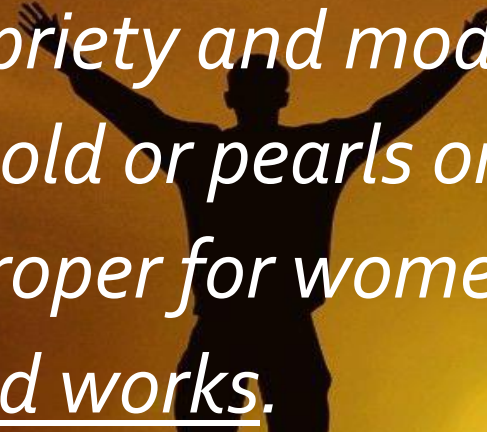
¹⁷ How precious to me are your thoughts, God!
How vast is the sum of them!

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

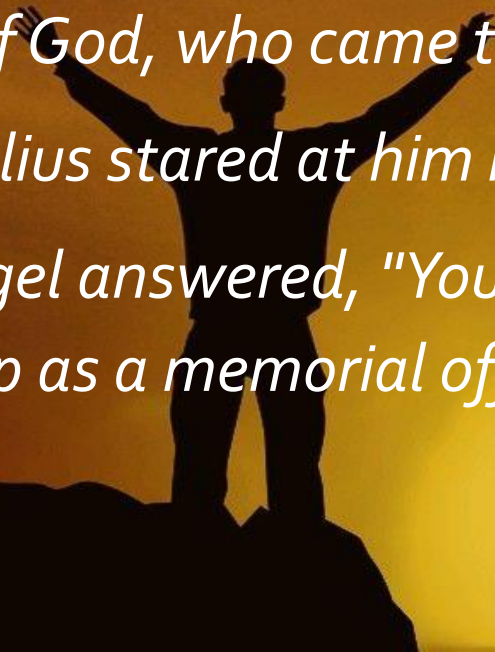
I desire therefore that the men pray everywhere, lifting up holy hands, without wrath and doubting; in like manner also, that the women adorn themselves in modest apparel, with propriety and moderation, not with braided hair or gold or pearls or costly clothing, ¹⁰ but, which is proper for women professing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

A silhouette of a person standing on a rocky outcrop with their arms raised in prayer, set against a warm, golden sunset sky. The person is positioned in the lower center of the frame, with their arms extending upwards and outwards. The background is a gradient of orange and yellow, suggesting a low sun. The overall mood is one of devotion and hope.

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."



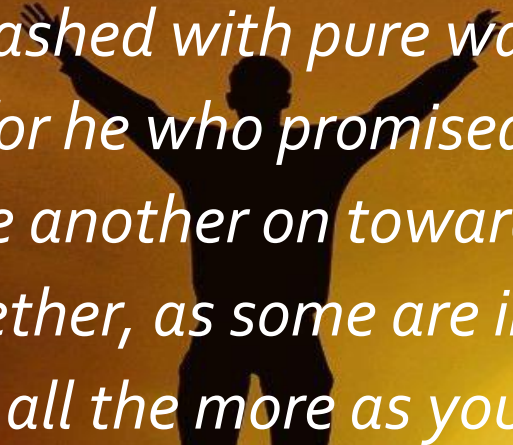
1 Sam 2:30

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



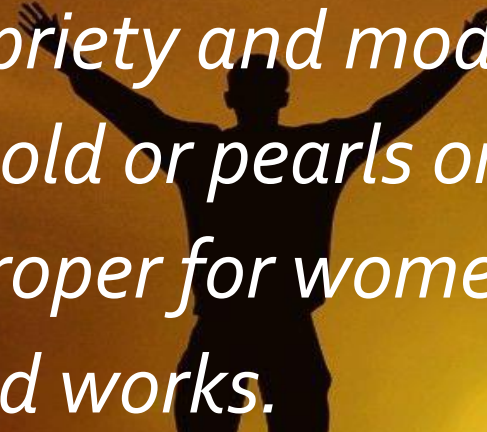
Heb 10:19

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 their arms raised in a gesture of prayer or praise. The background is a warm, golden sunset or sunrise over a landscape of rolling hills. 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.

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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."



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 (v10)
Requests NOT heard by God (v4)	The Lord <u>will answer</u>

*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

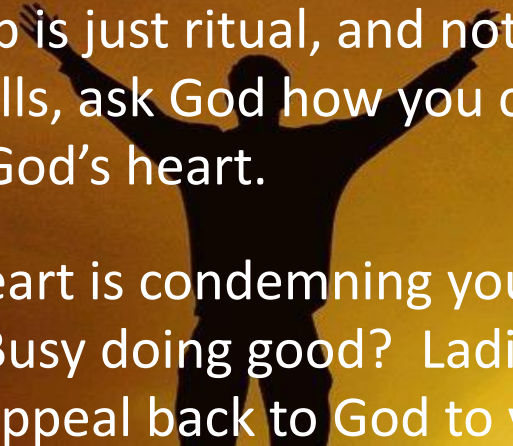
Hinderance 5

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*

