

JANUARY SERMON SERIES:

The Postures of Prayer





Lesson
One:
**I BOW MY
KNEES**



“They who kneel before
God can stand before
anyone.”



Scripture Lesson: Ephesians 3:14-21



For this reason I bow my knees before the Father, from whom every family in heaven and on earth derives its name, that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God. Now to Him who is able to do far more abundantly beyond all that we ask or think, according to the power that works within us, to Him be the glory in the church and in Christ Jesus to all generations forever and ever. Amen.



Psalm 95:6-7

O come, let us worship and bow down,
let us kneel before the Lord, our
Maker! For He is our God, and we are
the people of His pasture, and the
sheep of His hand.



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- 1. The RICHES of their Salvation**
 - 2. The REASONS for their Salvation**
 - 3. The REVELATION of their Salvation**

**Bowing your knees
is a sign of humility
and submission.**



Ezra 9:5

At the evening offering I arose from my humiliation, even with my garment and my robe torn, and I fell on my knees and stretched out my hands to the LORD my God.



II Chronicles 6:13

Now Solomon had made a bronze platform, five cubits long, five cubits wide, and three cubits high, and had set it in the midst of the court; and he stood on it, knelt on his knees in the presence of all the assembly of Israel, and spread out his hands toward heaven.



Daniel 6:10



When Daniel knew that the document was signed, he entered his house (now in his roof chamber he had windows open toward Jerusalem); and he continued kneeling on his knees three times a day, praying and giving thanks before his God, as he had been doing previously.



Luke 22:41

He withdrew from them about a stone's throw, and He knelt down and began to pray.



Acts 7:60

And falling on his knees, he cried out with a loud voice, "Lord, do not hold this sin against them!" And having said this, he fell asleep.



**“Humility is not thinking
less of yourself,
it’s thinking of yourself
less.”**

C.S. Lewis



**Unless the HEART knows
its place before God,
body posture won't add
anything.**



Five Spiritual Blessings:

1. Inner Spiritual Strength



2. The Presence of Christ in Our Hearts



3. Stability of Character



4. To Know the Love of Christ



5. To Be Filled with the Fullness of God



What You Love, You Make Time For!

