



The Postures of Prayer

Positioning our hearts as we pray for our nation

Prayer is an integral part of the Christian faith. It's our opportunity to communicate with God. While there are many ways to pray, certain postures can help us focus and deepen our connection with God. In this guide, we will explore the various postures of the heart during prayer, including surrender, thankfulness, repentance, forgiveness, and petitions.

"My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." (Matthew 26:39)

Surrender is an act of giving up control and submitting to God's will. It is a posture of humility that acknowledges our limitations and acknowledges that God is in charge. In prayer, we surrender our worries, fears, and desires to God, asking Him to take control and guide us in His ways. To adopt this posture, we can kneel, bow our heads, and open our hands, as if offering our burdens to God.

"Give thanks in all circumstances; for this is God's will for you in Christ Jesus." (1 Thessalonians 5:18)

Thankfulness is an attitude of gratitude for God's blessings and provision. It is a posture of recognizing God's goodness and faithfulness in our lives. In prayer, we express our gratitude to God for His love, mercy, and provision. To adopt this posture, we can lift our hands, close our eyes, and offer words of thanks and praise to God.

"Repent, for the kingdom of heaven has come near." (Matthew 3:2)

Repentance is a posture of acknowledging and confessing our sins before God. It is a posture of humility that recognizes our need for forgiveness and restoration. In prayer, we confess our sins, seek forgiveness, and ask God to renew us. To adopt this posture, we can bow our heads, kneel, and offer words of confession and repentance.

"And forgive us our debts, as we also have forgiven our debtors." (Matthew 6:12)

Forgiveness is a posture of extending grace and mercy to others, just as God has extended it to us. It is a posture of letting go of grudges, bitterness, and resentment, and choosing to love and forgive others. In prayer, we ask God to help us forgive those who

have wronged us and to heal our hearts. To adopt this posture, we can open our hands, close our eyes, and offer words of forgiveness and release.

“So we fasted and petitioned our God about this, and he answered our prayer.” (Ezra 8:23)

Petitions are requests we make to God for ourselves and others. They are a posture of expressing our needs and desires to God, trusting that He hears us and will answer according to His will. In prayer, we can make requests for ourselves, our loved ones, our communities, and our nation. To adopt this posture, we can kneel, bow our heads, and offer words of petition and intercession.

Adopting different postures of the heart when you pray can deepen your connection with God and enhance your prayer experience. Surrendering your worries, expressing thankfulness, confessing your sins, extending forgiveness, and making petitions are all ways you can draw closer to God and experience His presence in your life. It is important to remember that these postures are not just physical positions but attitudes of the heart that reflect your relationship with God. On this National Day of Prayer—and every day—let’s strive to adopt postures that reflect our faith, love, and trust in God.

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