

1-2019

The Way to Pray - Or So They Say

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Recommended Citation

Willmington, Harold, "The Way to Pray - Or So They Say" (2019). *Dr. Willmington's Personal Observations of the Bible*. 3.

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THE WAY TO PRAY—OR SO THEY SAY

Various prayer positions are described in the Bible:

- Standing (Mk. 11:25)
- Sitting (1 Chron. 17:16)
- Bowing (Ex. 34:8)
- Reclining (Psa. 6:6)
- With lifted hands (Psa. 28:2)
- On one's face (Mt. 26:39)
- On one's knees (1 Kings 8:54)
- With the face between the knees (1 Kings 18:42)

The following amusing poem aptly summarizes this subject the best:

“The proper way for a man to pray,”
Said Deacon Lemuel Keyes,
“And the only proper attitude
Is down upon his knees.”

“No, I should say the way to pray,”
Said Reverend Doctor Wise,
“Is standing straight with outstretched arms
And rapt and upturned eyes.”

“Oh, no, no, no,” said Elder Slow,
“Such posture is too proud.
A man should pray with eyes fast-closed
And head contritely bowed.”

“It seems to me his hand should be
Austerely clasped in front
With both thumbs pointing toward the ground,”
Said Reverend Doctor Blunt.

“Well, I pray while resting every day,”
Said Mr. Henry Pack.
“So I should think you say your prayers
While lying on your back.”

“Last year I fell in Murphy’s well—
Headfirst,” said Cyrus Brown.
“With both my knees a’stickin’ up
And my head a’pointin’ down.”

“And I made a prayer right then and there,
The best prayer I ever said,
The prayingest prayer I ever prayed,
A’standing on my head.”

“So, if your prayers come
From mouth and not from soul;
God may just someday let you
Fall into a hole!”

Bottom line: In matters of true prayer, it is not the position of the body but rather the condition of the hearts that counts!

P. S. May I ask you to tell someone about Emmaus Bread?