

# The Power Of Lifting Up Our Hands Before Yahweh

When David says in **Psalm 134:2**, "*Lift up your hands in the sanctuary and bless the Lord*," he is calling God's people—especially the priests and Levites—to actively participate in worship with their whole being. Let me explain how lifting our hands blesses the Lord and what David meant:

## 1. Lifting Hands Reflects a Heart Postured for God

David understood that worship wasn't just internal but also external. Raising hands was a physical expression of inner reverence and devotion to God. It showed humility, surrender, and readiness to receive from God.

**Blessing the Lord:** God is honored when His people worship Him sincerely, both in heart and action.

## 2. A Symbol of Surrender and Dependence

In David's culture, lifting hands was a sign of surrender and dependence. Spiritually, it represented acknowledging God's authority and dependence on His provision.

**Blessing the Lord:** God is pleased when His people fully rely on Him rather than their own strength.

## 3. A Sign of Offering Praise and Thanksgiving

Lifting hands was also seen as offering a gift or sacrifice to God, much like presenting a gift to a king. David often spoke of praise as a sacrifice.

**Blessing the Lord:** God receives our praise as a sweet aroma when we offer it willingly and joyfully.

## 4. An Invitation to God's Presence

David knew that physical acts of worship invited God's presence into the sanctuary. Lifting hands was a sign of welcoming God and exalting Him above all.

**Blessing the Lord:** God inhabits the praises of His people (Psalm 22:3), and our physical engagement in worship pleases Him.

## 5. Reflecting Joy and Victory

David often danced, shouted, and lifted his hands in celebration of God's victories. Lifting hands was a visible sign of rejoicing in God's goodness.

**Blessing the Lord:** Joyful worship exalts God because it acknowledges His faithfulness and power.

Here are several Psalms that encourage lifting hands in worship before God:

1. **Psalm 28:2**  
*"Hear the voice of my supplications when I cry to You, when I lift up my hands toward Your holy sanctuary."*
2. **Psalm 63:4**  
*"Thus I will bless You while I live; I will lift up my hands in Your name."*
3. **Psalm 88:9**  
*"My eye wastes away because of affliction. Lord, I have called daily upon You; I have stretched out my hands to You."*
4. **Psalm 119:48**  
*"My hands also I will lift up to Your commandments, which I love, and I will meditate on Your statutes."*
5. **Psalm 134:2**  
*"Lift up your hands in the sanctuary and bless the Lord."*
6. **Psalm 141:2**  
*"Let my prayer be set before You as incense, the lifting up of my hands as the evening sacrifice."*

These verses express the act of lifting hands as a symbol of surrender, praise, and reaching out to God in worship.