

## Is Certain Posture Bound in Worship?

It's a reach for people in the U.S. to understand worshipful posture. It's because we don't have to salute or bow or worship anything or anybody. Some don't get the idea of reverent worship. When former peoples of earth were fearful of empirical potentates, they overtly demonstrated it with their posture. They bowed, they fell down, and they kissed feet. When death was at stake, they got it, and they took no chances. God is often given less respect than earthly emperors.

The literal meaning of "worship" is, "to kiss towards". This implies posture. As Christians, we are using this expression only towards God. To get a feel for this attitude, I have asked children in class to lie on the floor, face down, and for one minute, think only about God. The experience is remarkable. It's very humbling to get so low, and even one minute seems so long. Who would want to do this!!? Who would kiss feet? Would we be willing to humble ourselves in this fashion before our creator, our sustainer, our provider of redemption, and our provider of everlasting life?

Posture was important in the Bible for people who worshipped God. Listen to this: "From morning till midday...Ezra opened the book in the sight of all the people, for he was standing above all the people; and when he opened it, all the people **stood up**...Then all the people answered, 'Amen, Amen!' while **lifting up their hands** and worshiped the Lord **with their faces to the ground**." (Neh. 8:3-6)

Consider other postures, which indicate how honorably people considered God. The Psalmist said, "Oh 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." (Psa. 95:6-7). The publican who was justified in Luke 18, "...would not so much as raise his eyes to heaven, but **beat his breast**, saying, 'God, be merciful to me a sinner.'" Now these are expressions of reverence and contriteness before our great God! These are not mere outward gestures, but true indicators of one's heart!

Lest we be compelled to have the same strenuous posture for hours

on end, we quickly defend, "Certain posture is not bound in scriptures." But don't leave it there. There is more to consider.

Is it binding that we stand, sit, lie, bow, kneel, or raise hands when we worship? Physically, the answer may be, NO! However, spiritually, the answer is, "ABSOLUTELY YES"! The posture of our heart towards God must always be attentive, humble and contrite. In this sense, our posture in worship is bound.

I am not advocating any certain physical posture for worship. No posture guarantees a sincere heart. But don't get foolish about this. Body language can indicate interest and respect, or the opposite. It is unfit and rude to God for one to purposely slump and visibly disdain worship activities. If we are too proud to assume an attentive posture for the Master, it will be too late when we finally reverence God at judgment, when "every knee shall bow...and every tongue shall confess (Phil. 2:9-11). There will be no hold-outs, nobody that's too tired, and nobody who is laid back. Everyone will eagerly worship—EVERYONE!!

Poor spiritual posture in public worship may indicate the same in private worship. In fact, if we don't revere God in private, it doesn't matter what we do in public (Matt. 6:1-7). We need to spend time worshipping daily in private. We need to have the proper spiritual posture towards God while we worship Him in private and use the same posture in public worship.

Worship with the correct spiritual posture includes the following:

- Worship God graciously and joyfully, with privilege, with eagerness, and not grudgingly.
- Worship God humbly and reverently as the Supreme Being, with us being fully dependent and contrite.
- Be alert in worship and give our undivided attention.

Worshipping with the correct spiritual posture is bound by God.

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