

## Prostrate Posture - Tell God What You Need



### **Prostrate Posture:**

- Lying on one's belly face down
- Arms outstretched
- OR -
- Child's Pose

**Alternative Posture:** Sit with feet flat on the floor, place hands on the table in front of you (one on top of the other facing down), bend at waste and keep back straight as you rest your forehead on your hands. You may have to push your chair back to keep your back straight.

**Symbolizes humility and desperate, penitent prayers. It is an acknowledgement of our total unworthiness and need for God's mercy.**

*Then [Jesus] said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me." Going a little farther, **he fell with his face to the ground and prayed**, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." Matthew 26:38-39*

*Then Joshua tore his clothes and fell **facedown** to the ground before the ark of the Lord, remaining there till evening. The elders of Israel did the same, and sprinkled dust on their heads. Joshua 7:6*

*Moses and Aaron went from the assembly to the entrance to the tent of meeting and fell **facedown**, and the glory of the Lord appeared to them. Numbers 20:6*

*Jehoshaphat **bowed down with his face to the ground**, and all the people of Judah and Jerusalem fell down in worship before the Lord. 2 Chronicles 20:18*

*Come, **let us bow down in worship**, let us kneel before the Lord our Maker; for he is our God and we are the people of his pasture, the flock under his care. Psalm 95:6-7*

*While Jesus was in one of the towns, a man came along who was covered with leprosy. When he saw Jesus, **he fell with his face to the ground and begged him**, "Lord, if you are willing, you can make me clean." Luke 5:12.*