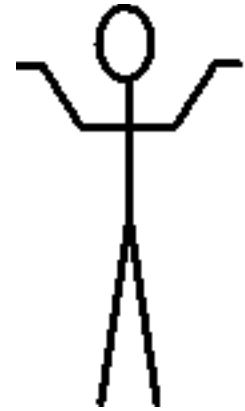


Orans Posture - Give God Praise and Take Courage

Standing Posture:

- Stand with feet shoulder width apart
- Chin is up and eyes are open looking up
- Hands uplifted with the palms up

Alternative Posture: Sit with back straight, feet planted firmly on the floor, Chin up, eyes open and hands lifted with palms facing up.



This is a posture to speak thanks to God, give Him glory and praise, speak blessings, and take your confidence from Him. Pray this passage of scripture to get you started:

Therefore put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people. Ephesians 6:13–18

*Moses replied, "When I have gone out of the city, I will **spread out my hands in prayer** to the Lord. The thunder will stop and there will be no more hail, so you may know that the earth is the Lord's." Exodus 9:29*

*"Then Solomon **stood** before the altar of the Lord in front of the whole assembly of Israel, **spread out his hands toward heaven** and said: "Lord, the God of Israel, there is no God like you in heaven above or on earth below—you who keep your covenant of love with your servants who continue wholeheartedly in your way....May your eyes be open toward this temple night and day, this place of which you said, 'My Name shall be there,' so that you will hear the prayer your servant prays toward this place. Hear the supplication of your servant and of your people Israel when they pray toward this place. Hear from heaven, your dwelling place, and when you hear, forgive. " I Kings 8:22–23, 28–30*

*"**I lift up my eyes to the hills.** From where does my help come? My help comes from the Lord, who made heaven and earth." Psalm 121:1–2, ESV*

*Therefore I want the men in every place to pray, **lifting up holy hands**, without anger and disputing or quarreling or doubt [in their mind].1 Timothy 2:8 AMP*