

Standing Prisoner - Humble Confession and Intercession

Standing Posture:

- Stand with feet hip distance apart
- Head bowed, eyes looking down or closed
- Hands clasped before waist

Alternative Posture: Sit with back straight, hands folded in lap, ankles crossed, head bowed, and eyes closed or looking down.



This is a posture of humble submission. Confess your sins. In this posture intercede on behalf of yourself and others. Beat your breast with hands still clasped if you like to show your heart felt emotion and sincerity.

*And when you **stand** praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins. Mark 11:25*

*Two men went up to the temple to pray, one a Pharisee and the other a tax collector. The Pharisee **stood** up and prayed about himself: 'God, I want to thank you that I am not like other men—robbers, evildoers, adulterers—or even like this tax collector. I fast twice a week and give a tenth of all I get.' But the tax collector **stood** at a distance. He **would not even look up** to heaven, but **beat his breast** and said, 'God, have mercy on me, a sinner.' Luke 18:10-13*

*Then Jehoshaphat **stood up** in the assembly of Judah and Jerusalem at the temple of the Lord in the front of the new courtyard and said:*

"Lord, the God of our ancestors, are you not the God who is in heaven? You rule over all the kingdoms of the nations. Power and might are in your hand, and no one can withstand you. Our God, did you not drive out the inhabitants of this land before your people Israel and give it forever to the descendants of Abraham your friend? They have lived in it and have built in it a sanctuary for your Name, saying, 'If calamity comes upon us, whether the sword of judgment, or plague or famine, we will stand in your presence before this temple that bears your Name and will cry out to you in our distress, and you will hear us and save us.'

"But now here are men from Ammon, Moab and Mount Seir, whose territory you would not allow Israel to invade when they came from Egypt; so they turned away from them and did not destroy them. See how they are repaying us by coming to drive us out of the possession you gave us as an inheritance. Our God, will you not judge them? For we have no power to face this vast army that is attacking us. We do not know what to do, but our eyes are on you."

*All the men of Judah, with their wives and children and little ones, **stood there before the Lord.** 2 Chronicles 20:5-13*