

Nine Postures of Worship

1 – 3: The Spoken Voice

1. **Speaking** – Psalm 34:1 says, "I will extol the Lord at all times; his praise will always be on my lips."
2. **Shouting** – Psalm 27:6 says, "Then my head will be exalted above the enemies who surround me; at his tabernacle will I sacrifice with shouts of joy; I will sing and make music to the Lord."
3. **Singing** – Psalm 47:6 says, "Sing praises to God, sing praises to our King, sing praises."

4 – 6: Our Physical Posture

4. **Bowing** – Psalm 95:6 says, "Come let us bow down in worship, let us kneel before the Lord our Maker."
5. **Standing** – Psalm 119:120 says, "My flesh trembles in fear of you; I stand in awe of your laws."
6. **Dancing** – Psalm 149:3 says, "Let them praise his name with dancing and make music to him with tambourine and harp."

Our Hands

7. **Playing Instruments** – Psalm 33:2, 3 says, "Praise the Lord with the harp; make music to him on the ten stringed lyre. Sing to him a new song; play skillfully, and shout for joy."
8. **Clapping** – Psalm 47:1 says, "Clap your hands, all you nations; shout to God with cries of joy."
9. **Lifting Hands** – Psalm 63:4 says, "I will praise you as long as I live, and in your name I will lift up my hands."