

## Why do we close our eyes when we pray?

Many different bodily positions are advocated by different people during prayer. Kneeling, standing, sitting, hands clasped together, hands spread out, hands raised, eyes closed, eyes open, etc..

1. What is prayer?

Genesis **20:7**, 17

Deuteronomy 9:26

Genesis **24:12-14**

Prayer can be an intervention before God on behalf of another. Prayer can be a seeking of advice, wisdom, guidance, or provision before God on behalf of oneself. The majority of the uses of the word 'pray' in the Bible is a reference to seeking something from other people.

2. What does scripture say about posture during prayer?

Numbers 27:25-16

1 Samuel 1:10, 26

1 Kings **8:22-24**

Isaiah 44:17

Acts 9:40

Judges **16:25-28**

Luke 18:13

1 Chronicles **17:16**

Daniel **6:10**

1 Timothy 2:8

Many prayers to God are not associated with any specific posture. The text simply states that someone said to the Lord. Some prayers are spoken when standing. Some prayers are spoken while sitting. Some prayers are spoken while kneeling. Some prayers are spoken while lying down. Apparently our physical posture is not an issue with God and the acceptability of our prayers before Him. Some prayers are associated with the lifting up of one's hands.

3. What is God's concern about our prayer life?

2 Kings **19:1-4, 14-16**

2 Chronicles **7:12-15**

Ezra 10:1

Psalms 102:17

2 Kings **20:1-5**

2 Chronicles 33:11-13

Psalms **39:12**

Proverbs **15:8**

God is looking for a humble heart that is completely honest with God. He is looking for a complete and total dependence upon Him.

Herein lies the answer to our question about our eyes. To close our eyes when prayer is a visual representation of humility and respect before the God who we cannot physically see but who we also seek to honor. Part of the idea is to focus upon God and God alone and to remove all other distractions. When we pray distracted, we dishonor God and our prayers may not be heard.

4. What do we need to remember about prayer?

Proverbs **15:29**

Psalms **34:18**

James **4:3**

Matthew **6:5-8**

Isaiah 59:1-2

1 John **5:14-15**

1 Timothy **2:1-3**

1 Peter **3:7**

We need to remember that prayer is about intervening before God and that our hearts need to be humble and clean before Him. We are to be “righteous” (meaning a believer in God through Jesus Christ). We cannot hide our sins from God so we must be regularly confessing them. Our prayers need to be prayed in alignment with God's will and thus not prideful prayers to satisfy personal desires and lust. Prayer is also to be made for our enemies and even government officials, whether we like them or agree with them or not.