

## PRAYING PSALM 134

“Lift up your hands in the sanctuary, and bless the Lord” (Psalm 134:2).

This is the last of the psalms of ascents, also referred to as Pilgrim Psalms. 1. A BENEDICTION TO THE PILGRIM PSALMS (1-2). Bless the Lord day and night by lifting up your hands. This a blessing from the pilgrims in the House of the Lord 1. A BLESSING FROM ZION TO THE PILGRIMS (3). This is a blessing from the House of the Lord to the pilgrims.

Lifting up your hands is a universal sign of surrender. When you lift your hands in worship you are surrendering yourself to God. Worship can be defined as surrender to the pleasure and purpose of God. When you raise your hands to the Lord you are visibly submitting to the will of God. Many feel self-conscious raising their hands in a worship service. The ancient Jews didn't. We are told again and again to raise our hands to God. Self-consciousness is a lack of freedom. Pray for boldness in worship. Boldness is freedom. When you surrender to God it is good to let others see you are doing it. It encourages them to do the same.