

# HANDS ON WORSHIP



*"Praise the Lord, all you servants of the Lord who minister by night in the house of the Lord. Lift up your hands in the sanctuary and praise the Lord. May the Lord bless you from Zion, he who is the Maker of heaven and earth."*

**PSALM 134:1-3, NIV**



*"All you who serve the Lord: bless the Lord right now! All you who minister in the Lord's house at night: bless God! Lift up your hands to the sanctuary and bless the Lord! May the Lord, the maker of heaven and earth, bless you from Zion."*

**PSALM 134:1-3, CEB**

## HOLY HANDS

**"All you who serve the Lord...  
Lift up your hands!"**

*"I want men everywhere to lift up holy hands in prayer, without anger or disputing."*

**1 TIMOTHY 2:8**



## HOLY HANDS

1. Serious
2. Saluting
3. Surrender

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*"Because Your lovingkindness is better than life,  
my lips shall praise You. Thus I will bless You while  
I live; I will lift up my hands in Your name."*

**PSALM 63:3-4**

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## HELPING HANDS

**"All you who minister in the Lord's  
house at night: bless God!"**

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## HELPING HANDS

1. Sacrifice

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*"Let my prayer stand before you like incense; let my uplifted hands be like the evening offering."*

**PSALM 141:2**

*"Accept my prayer as incense offered to you, and my upraised hands as an evening offering."*

**PSALM 141:2, NLT**

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*"I beseech you therefore, brethren, by the mercies of God, present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable **service**."*

**ROMANS 12:1, NKJV**

*"And so, dear brothers and sisters, I plead with you to give your bodies to God because of all he has done for you. Let them be a living and holy sacrifice—the kind he will find acceptable. This is truly the way to **worship** him."*

**ROMANS 12:1, NLT**

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## **HELPING HANDS**

- 1. Sacrifice**
- 2. Serving**

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## **HEAVY HANDS**

**"Lift up your hands in the sanctuary and praise the Lord."**

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# HEAVY HANDS

## 1. Worship magnifies God & minimizes the problem

### EXODUS 14:13-16

*Moses answered the people, "Do not be afraid. Stand firm and you will see the deliverance the Lord will bring you today. The Egyptians you see today you will never see again. The Lord will fight for you; you need only to be still."*

*Then the Lord said to Moses, "Why are you crying out to me? Tell the Israelites to move on. Raise your staff and stretch out your hand over the sea to divide the water so that the Israelites can go through the sea on dry ground."*

# HEAVY HANDS

## 2. Praise is the knockout punch of prayer

### EXODUS 17:8-11

*Amalek came and fought with Israel at Rephidim. Moses said to Joshua, "Choose some men for us and go fight with Amalek. Tomorrow I'll stand on top of the hill with the shepherd's rod of God in my hand." So Joshua did as Moses told him. He fought with Amalek while Moses, Aaron, and Hur went up to the top of the hill. Whenever Moses held up his hand, Israel would start winning the battle. Whenever Moses lowered his hand, Amalek would start winning.*



# HEAVY HANDS

## 3. Praise is the solution

# HAPPY HANDS

"May the Lord, the maker of heaven  
and earth, bless you from Zion."



*"So here I am in the place of worship, eyes  
open, drinking in your strength and glory. In  
your generous love I am really living at last! My  
lips brim praises like fountains. I bless you every  
time I take a breath; My arms wave like  
banners of praise to you."*

**PSALM 63:2-4**





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