

## 2-LIFTING UP HANDS

“Lift up your hands in the sanctuary and praise the LORD.”  
(Psalm 134:2 NIV)

My youngest grandchildren are 2 ½ and 16 months. Often the 2½ yr old will face me, stretch out her little arms and say “Hold me, Gampa!” The younger one can’t talk, but she will face me, lift her arms up and look longingly up at me...and I know EXACTLY what she wants! Nothing could thrill a grandpa more than seeing his grandchildren longing to be held.

In Psalm 134 we have a very similar scenario..we are instructed to lift our hands to God as we worship. Lifting hands to God does several things:

1) **It speaks of intimacy.** Often when I pick up my youngest she will pat my back...she just loves being close to “Gampa”...when we lift our hands to our heavenly Father we are expressing a desire to be close to Him... a desire to be held and to love Him back.

2) **It is an act of TRUST.** The act says” I know that you won’t drop me...I know that I am safe up there!”

3) Spreading our arms to God **exposes our heart.** In effect we are saying ”I can’t hide anything from You...I want you to take my emotions, my feelings, my deepest thoughts and desires, and use them for YOUR glory! I trust You with my innermost self!” Our Heavenly Father wants us to trust Him with our deepest thoughts, fears, joys, desires and emotional needs....He longs for us to be transparent with Him...He KNOWS anyway, but He wants His children to place their total trust in His divine ability to protect, provide and preserve.

Lifting arms to God doesn’t HAVE to be a physical action, we can lift our hands in our hearts, but it doesn’t hurt to actually go through the physical motions once in a while...especially in our private quiet time with Him. He loves to see His children stretch their arms up to Him!

THOUGHTS: “True faith, by a mighty effort of the will, fixes its gaze on our Divine Helper, and there finds it possible and wise to lose its fears. It is madness to say, "I will not be afraid;" it is wisdom and peace to say, "I will **trust** and not be afraid." (Alexander McLaren)