

**Praying With Lifted Hands  
And Without Anger  
(I Timothy 2:8)**

The ministry of prayer should be clear from bitterness for its effectiveness to be visible in the life of a believer. Forgiveness is an act of humbleness before YAHWEH and man. We can only lift up our hands before the presence of our holy ELOHIM when our heart is contrite and free from bitterness; when we lift our hands to YAHWEH, we are submitting our soul to His will in an agreement that He is holy, He is all sovereign; Stretched out hands show a heart bent. When Paul wrote Timothy how to pray he said, Therefore I want the men in every place to pray, lifting up holy hands without anger or argument (I Tim. 2:8). Bitterness and resentment remove the bridge that connects us to the throne of YAHWEH because its pride, the root of bitterness, refuses to humble itself and forgive. Praying with resentment and anger is to feed the pride within; pride holds us captives to our own weakness of self-exaltation and blocks the light from shining the truth that would set us free. Prideful heart is full of self-absorption and of empty prayers without directions. Prayer should start connecting one another by forgiveness. Lifting the hands before YAHWEH is to revere Him with our whole heart and mind; it is a testimony to the world that He is holy and we sinners in need of His forgiveness as we forgive others.

The ministry of prayer is done with the help of the Holy Spirit, Who comes and pleads in our behalf with unspeakable yearnings and groaning too deep for utterance (Romans 8:26). It must be done in harmony with Him for it to be effective. The Word says to pray with lifted hands and without anger; this will be the only way one must enter the Holy of holies to be heard and assisted in times of trouble, otherwise our prayer will be a blab of many words going nowhere. YAHSHUA taught that before going to the altar we must make things right with those who offended us. Sin takes many forms, but as Lord Clarendon said, The seat of pride is in the heart, and only there; and if it be not there, it is neither in the look nor in the clothes. And according to Elton Trueblood, pride is the most deadly form that sin can take.

When the Pharisee went to the temple to pray, he took with him his pride and offered it to YAHWEH expecting Him to agree with his empty words of self-exaltation, and self-righteousness, as he uttered, God, I thank you that I am not like the rest of men- extortioners, swindlers, adulterers or even like this tax collector here. I fast twice a week; I give tithes of all that I gain. But the Tax Collector standing in a distance, would not even lift up his eyes to heaven, but kept striking his breast saying, O God, be merciful to me, this especially wicked sinner that I am! The prayer of the Pharisee never reached heaven; he left the temple the same way that he went in –unjustified, as YAHSHUA said, everyone who exalts himself will be humbled, but he who humbles himself will be exalted; the tax collector on the other hand left the Temple justified (Luke 18:10-14). No matter how pure we think we are, we are still in need of recognizing and confessing our sins before the presence of our holy YAHWEH with our hands lifted up and our hearts bowed in order to receive His grace – His unmerited favor. Peter said, God sets Himself against the proud- He opposes and defeats him, but He gives grace to the humble; humble ourselves under the mighty hand of God, that in due time He may exalt you (I Peter 5:5,6).

Anger is as an inflammation of a sore or wound; it is emotional agitation aroused by great displeasure (Webster). The Word says, Be angry and do not sin; on your bed reflect in your heart and be still (Psalm 4:4); and again, Be angry and do not sin; don't let the sun go down on your anger, and don't give the devil an opportunity (Ephesians 4:26, 27). To be still before the Holy YAHWEH, reflecting on His holiness when in bed in the quietness of the night, will be the time to let go of the anger before closing the eyes to the passing day. YAHSHUA showed anger, holy anger toward the things of His Father; the zeal of His Father consumed Him. Anger is not bad when is free of vengeance and controlled by the Spirit of YAHWEH; He said, Vengeance belongs to Me; I will repay (Dt.32:35). When we give Him our pains before going to the altar, we will be able to receive His favor and his approval. When Israel returned to their land under the leadership of Nehemiah and the Scribe Ezra, they experienced a great time of revival; Ezra blessed the Lord, the great God, and with their hands uplifted all the people said, Amen, Amen! Then they bowed down and worshiped the Lord with their faces to the ground. Fast, confession, repentance and praise and the reading of the Word followed (Nehemiah 8:6;9). These were true signs of a humbled and transformed life.

As we lift our hands to heaven with contrition of heart, we enter it and touch the heart of our YAHWEH YAHSHUA Who shows us favor, as Queen Esther, when she had the need to enter the presence of the King. "If I have found favor in the sight of the king" were her words before she presented her need to him. Conditionally upon these words, we should present our requests to our King with hands lifted and heart cleansed of all unrighteousness of anger. James said, The intense prayer of the righteous is very powerful (James 5:16b). The Psalmist prayed, Listen to the sound of my pleading when I cry to You for help, when I lift up my hands toward you holy sanctuary; may the Lord be praised, for He has heard the sound of my pleading; the Lord is my strength and my shield; my heart trusts in Him, and I am helped (Psalm 28:2,7); I will lift up my hands to Your commands which I love, and I will meditate on Your statutes (Psalm 119:48). The lifting of the hands to YAHWEH connects us to Him; it is an act of calling His attention to our worship and our needs.

As we intercede for our brothers and sisters in Christ let's first have our hearts cleansed from all bitterness and pride, so we can call on the name of the Lord with hands lifted up to Him in their behalf. Ridding of all malice and anger, let's offer Him praise with lips that are cleansed from all filthy words and utterances that would bring judgment on us. We need to find favor with Him to move His heart of our needs and the needs of others. In other words, we need answers to our prayers; we need His Word to revive us and be fulfilled within us. Call unto Me and I will answer you; I will tell you mighty things that you do not know (Jeremiah 33:3); because he is lovingly devoted to Me, I will deliver him; I will exalt him because he knows My name; when he calls out to Me, I will answer him; I will be with him in trouble; I will rescue him; and give him honor. I will satisfy him with a long life and show him My salvation (Psalm 91:14-16). Let's dress properly in righteousness before entering the presence of our holy YAHWEH to find grace in opportune time!