

Body Language



When you step into God's sanctuary, you should feel His presence. Right now, God is here with us, all around us, just waiting for us to reach out and touch Him. We must open our hearts and minds to Him, allowing His Spirit to fill us with His love, mercy, and grace.

The purpose of the Pre-Service Prayer is to open our hearts and minds to God. It's a time for us to lay our burdens at His feet and let go of the troubles that weigh us down. By doing this, we prepare ourselves to fully engage in the service, ready to sing praises and worship with every part of our being.

It is not God's fault if you don't sense His presence because He is here and all around us. There could be many things that might affect your connection with God. Your body language may send the wrong signals, making it difficult for you to experience His presence. How you carry yourself and your bodily expressions can influence how the Holy Spirit blesses you during a service. To foster a deeper connection with Him, you must be aware of your body language and ensure that it aligns with a receptive mindset.

How do I align my body language with a receptive mindset? Well, I'm glad you asked.

Standing with your arms crossed in front of your chest.

If you find yourself standing with your arms crossed in front of your chest while everybody else is joyfully praising God, your body language may communicate that you are defensive or have closed yourself off to Him. It may signify your refusal to welcome His presence and block His love from entering your heart.

Standing with your hands in your pockets.

When you stand with your hands in your pockets, your body language may give the impression that although you acknowledge God's presence, you are hesitating to fully open yourself up to Him until you see what He will do.

Standing with your head slumped down and gripping the chair before you.

You might be standing with your hands grasping the chair, head bowed low, conveying that you may feel a sense of shame and unworthiness to be in God's presence. However, this feeling isn't necessarily negative. Before entering His presence, you must acknowledge and repent of your sins. So, if you find yourself in this position, take a moment to confess your faults to God and seek His forgiveness.

Raising your hands with your hands facing outward.

Once you have done this, you can shift your body language from shame to surrender. Raise your arms with your palms facing outward, showing that you surrender to God. You are offering Him your life, soul, family, home, job, and everything you own.

Once you've manifested your repentance and surrendered to His will, you stand ready to accept God's blessings for you. You open up your spirit, filling it with His Holy presence.

Raising your hands with your hands facing inward.

Now, you change your body language and turn your arms with your palms facing inward. This action shows you are open and prepared to receive God's blessing. You are no longer indifferent, closed off, or shameful; you have surrendered to God and are now ready to receive what He has to give you.

Wave your hands back and forth.

As you start feeling God's presence, you can gently wave your hands back and forth to change your body language from receiving to showing gratitude and praise. Take this moment to express your thankfulness and honor to Him for His goodness and grace.

1 Timothy 2:8 (KJV): I will therefore that men pray everywhere, lifting up holy hands, without wrath and doubting.

1 Timothy 2:8 tells us to lift our hands in prayer and praise God without any negative emotions or doubts. By being mindful of our body language and aligning it with a receptive mindset toward God, we can experience a deeper connection with Him during worship and be open to receiving His blessings.

Let us close our eyes, lift our hands, and feel His presence. Can you feel Him? Can you sense His love surrounding you? He is here, right now, in this room, speaking to each of us. Let us not take this time for granted. Let us use this opportunity to connect with God, surrender to Him, and receive His blessings. He is here; let us open our hearts and minds to His presence. Let us worship Him with all of our being, knowing that He loves us unconditionally and desires a deep connection with each one of us.

X Tweets:

1. ☀️ When we open our hearts to God, we invite His presence to fill us with love, mercy, and grace. Let's prepare ourselves to engage in worship with every part of our being! #Worship #Faith
2. 🙏 Your body language speaks volumes; it can either open or close the door to God's blessings. Let's be mindful of how we express ourselves as we seek His presence. #BodyLanguage #Prayer
3. 🌈 When we raise our hands with palms facing inward, we declare our readiness to receive God's blessings. Open your heart—you are deserving of His love! #Blessings #Faith