

This Is Us
Worship
Matthew 2:2

“Where is the newborn King of the Jews? We saw his star as it rose, and we have come to worship him.”

Since the beginning, man’s response to Jesus has been worship. If you will notice in the text, we see that the wise man didn’t come to get something from God, they came to offer worship to him. Today is the continuance of our sermon series called “This Is Us.” Today I want to focus on worship and prayer.

- Tragically there is this notion that God exists for us. We pray and God does what we want, when we want, like he is some kind of genie that gives us whatever our hearts desire. The fact is God does not exist to make your life better. He does not exist for us, but we exist for him.
- We are made to worship him and to make him known and bring him honor. See, worship isn’t what we do, it’s who we are. Worship is a Sunday thing, it’s an every day thing.
- Today I want to focus specifically on the act of lifting our hands. If you’re not a custom to being in a church where people are lifting up their hands it could be a bit awkward. In my dad’s church no one raised their hands during the song service. When I started attending an Assembly of God church, everyone had their hands raised. For me it was a bit awkward. It was like walking in on a couple kissing. Awkward.
- So I want to explain why Scripture teaches us to lift our hands to God and exactly what it accomplishes. There is a comedian by the name of Tim Hawkins who talks about raising your hands in church. Check it out. [Show video.](#)
- **Psalms 63:1-4 “O God, you are my God, earnestly I seek you. My soul thirst for you, my body longs for you, and a dry and weary land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will lift up my hands.”**

- I wonder if this is a reflection of some of you this morning. King David did not write this in a high point in his life, he wrote this at a very low point and difficult time in his life. Maybe you were here and you are in a dry and desperate place.
- King David said **verse 2 “I have seen you in the sanctuary and be held your power and your glory.”** And then in **verse 3, “because your love is better than life, my lips will glorify you.”** Then he says (remember the place in which David is writing this. He is writing this from a bad place in his life). David says, **“I will praise you as long as I live, and in your name I will lift up my hands.”**
- I remember the day I received Christ as my savior. I wept uncontrollably and without thinking about it, as a sign of surrender I lifted up my hands. You cannot experience the grace of God without showing some form of gratitude. When you understand who he is and what he’s done for you, you want to express your heart in worship to him.
- **1 Timothy 2:8** Paul was talking to Timothy and this is what he said. **“I want men everywhere to lift up holy hands in prayer, without anger and disputing.”**
- In my observation, men are often the last to do this. Maybe because of pride or maybe they think it’s just a woman thing. Maybe Paul wants the man to set the standard for worship. How powerful would it be for the wife and his children to see the father leading the way in passionate worship to his father in heaven. I would say to the men of our church, don’t you dare let your wife and your kids out worship you! You set the tone, be a man that seeks after God’s own heart. Have the same attitude as king David when he said, **“I will praise you as long as I live, and then your name I will lift up my hands.”** We’re going to sing a worship song at the end of this message and men I want to lead the way!
- So why would God ask us to do this? To raise our hands. I remember when my kids were learning how to walk. As they would get closer to me with her little hands up my heart went towards them. Then when our heavenly father sees our hands stretched toward him, his heart extends to us. **James 4:8 says, “Come near to God and he will come near to you.”**
- King David again at a low point in his life cried out and said in **Psalms 141:1-2 “Oh Lord, I call to you, come quickly to me. Hear my voice when I called to you. May my prayer be set before you like incense, may the lifting up of my hands be like the evening sacrifice.”**

- Another reason we lift our hands to God is because we are going into battle. At one point or another all of us will be in a season of battle. The best example of this is found in Exodus 17. Moses said to Joseph, choose some men because we are going to battle. Moses said that he would stand on the mountain and lift his hands and pray. **Verses 10-11 says, “So Joseph fought the Amalekites as Moses had ordered, and Moses, Aaron and Hur went to the top of the hill. As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning.”**
- For some of you you might be in a battle and it feels like you’re losing. It might be time for you to lift up your hands and say, God I trust you no matter what. On my own I do not have the ability to get this done but I will lift up my hands even in the struggle. I lift up my hands and declare the battle is yours. “No weapon formed against me shall prosper!” Let’s look at **verse 12. “when Moses hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up one on one side and one on the other side so that his hands remain steady until sunset.”**
- At this point have Johnny and the board come up to the stage and hold my hands up. This is why it’s important to worship together. This is why coming to church matters together we’re going to seek God and worship him together. No one in this church is alone unless we choose to be. No matter the circumstances let’s approach the throne of God with our hands raised together. Worship team would you come up please.