

Watch Your Posture

✖ When my daughter was growing up, I would talk to her about prayer all the time. I would tell her that praying to God was like talking to Mommy and she could do it anytime, day and night, at the day care or in church. It didn't matter.

It wasn't long before Faith would slip to her knees, bury her little face in her hands and pray. She would tell the Lord, "Thank you for being so nice to Mommy and me," or "Thank you for helping me tie my shoe laces." And there were times when she would have to tell the Lord, "I'm sorry" and "Forgive me, please."

For years we would kneel to pray, but when I sensed God telling me to switch things up, my daughter got confused.

I would stop Faith in the middle of a prayer and tell her to get up and pray while putting away her toys. Other times I suggested that she walk around the house or sit in a chair and talk to God. But when I would look into her eyes, her thoughts would say: *Why is Mommy telling me to pray this way or that way? Why aren't we on our knees like before?*

She had watched me assume that position for years because kneeling is a sign of humility before God. But He wanted us both to know it is the position of our hearts, not the posture of our bodies that He is after. Whether we sit or stand, sink to our knees or close our eyes, God is looking for people with pure hearts. Jesus said, "Blessed are the pure in heart, for they shall see God" (Matt. 5:8, NKJV).

Today Faith is away at college pursuing her dream of becoming a lawyer, but she knows how to get a prayer through. Whether standing in line at the bookstore or kneeling in the privacy of her home, she knows she must keep her heart right before God.

Speaking of prayer, I will be in Israel March 15-23, and would like for readers to log on and intercede for my trip. But don't just pray for me. Pray for the peace of Jerusalem.

Shalom.