

The Best Posture of Prayer?

How should one pray? Does posture make a difference? That question has been debated, perhaps for time.

Years ago, Sam Walter Foss (1858 – 1911), librarian and poet, wrote a poem expressing the unimportance of the position of prayer. Here it is:

The Prayer of Cyrus Brown

*“The proper way for a man to pray,”
Said Deacon Lemuel Keyes,
“And the only proper attitude
Is down upon his knees.”*

*“No, I should say the way to pray,”
Said Reverend Doctor Wise,
“Is standing straight, with outstretched arms,
And rapt and upturned eyes.”*

*“Oh no, no, no,” said Elder Slow,
“Such posture is too proud:
A man should pray with eyes fast closed
And head contritely bowed.”*

*“It seems to me his hands should be
Austerely clasped in front,
With both thumbs pointing toward the ground,”
Said Reverend Doctor Blunt.*

*“Las’ year I fell in Hodgkin’s well
Head first,” said Cyrus Brown,
“With both my heels a-stickin’ up,
My head a-pointin’ down;*

*“An’ I made a prayer right then an’ there –
Best prayer I ever said,
The prayin’est prayer I ever prayed,
A-standin’ on my head.”*

It seems to me ol’ Cyrus Brown had it right. Our best, most sincere prayers depend more on the condition of the heart – and the circumstances in which we find ourselves – than the posture in which we communicate with God.

And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people (Ephesians 6:18 NIV).

– Beecher Hunter