

The Best Way to Pray?

Three friends sat discussing the best positions for prayer, while a telephone repairman worked nearby.

“Kneeling is definitely the best way to pray,” said the first.

“No,” said the second one. “I get the best results standing with my hands outstretched to heaven.”

“You’re both wrong,” said the third man. “The most effective prayer position is lying down on the floor.”

The repairman could contain himself no longer. “Hey, fellas,” he interrupted. “The best prayin’ I ever did was when I was hangin’ upside down from a telephone pole.”

Too often, prayer is discussed in the abstract, but it’s real-life circumstances that usually dictate how fervently we pray. It could be when the state survey team walks in. Or maybe an associate has been hurt or killed in an automobile accident. And virtually all of us have found ourselves appealing to God for the well-being of a family member or close friend who is fighting for his or her life because of some dread disease.

Nevertheless, our need for God’s grace is too great and too often for us to wait until we’re “hangin’ upside down from a telephone pole.”

Is there a sequence to follow or a position to take in prayer? Prayer should be a natural conversation between us and our Father, and no specific order or posture is required.

On the other hand, prayer is our highest activity, and we shouldn’t do it thoughtlessly. Would you enter the presence of a king or ruling authority and just start babbling?



Begin prayer with adoration and praise. You might develop the habit of pausing as you leave your house each morning to gaze into the sky and thank God for the beauty of that day. How often do you see the blue sky, the gentle rain or the rising sun without acknowledging His creative genius?

However you do it, praise God today.

This is the day the Lord has made; (I) will rejoice and be glad in it (Psalm 118:24 NKJV).

– Beecher Hunter