

On Our Knees: The Power and Posture of Prayer



“Come, let us bow down in worship, let us kneel before the Lord our Maker; for he is our God and we are the people of his pasture, the flock under his care.” Psalm 95:6-7 (NIV).

There is something sacred about kneeling. It’s a posture of humility, surrender, and reverence. In the presence of earthly royalty, people kneel out of respect. How much more should we, as children of the Most High God, fall to our knees before Him in prayer?

Prayer is more than a ritual or spiritual discipline; it is communion with our Creator, a direct line to the throne room of grace. Yet in the busyness of life, we often reduce it to hurried words or silent thoughts in passing. While God hears every whisper of our hearts, there is power in intentionally setting aside time to seek Him, especially on our knees.

Throughout Scripture, we see examples of God’s people bowing in prayer. Daniel knelt three times a day (Daniel 6:10), even when it put his life at risk. Jesus Himself, in the Garden of Gethsemane, *“fell with his face to the ground and prayed”* (Matthew 26:39). The physical posture mirrored the heart posture—surrendered, dependent, and reverent.

Kneeling is not a requirement for God to hear us, but it is a powerful reminder to ourselves of who we are and who He is. It humbles us. It silences our pride. When we bow before God, we acknowledge His authority and our need for Him. And in that humility, we find strength.

“Humble yourselves before the Lord, and he will lift you up.” James 4:10 (NIV).

Prayer is where battles are won. It’s where anxieties are laid down, where clarity is gained, and where God’s presence brings peace. On our knees, we cry out for our families, for our nation, for revival. On our knees, we worship and weep, rejoice and repent. It is sacred ground.

Let us not neglect the gift of prayer. Whether standing, sitting, walking, or kneeling, seek God daily. But when you can, take time to kneel. Make a habit of it. Let your knees grow familiar with the floor as your heart grows more aligned with His.

Recently, a family in my community experienced a tragic accident. Their seventeen-year-old daughter fell from a horse, receiving an extreme brain injury. As I prayed for her at the hospital, I felt compelled to go to my knees by the girl's hospital bed to pray. For me, this seems to open the channels for fervent prayer.

How often do you intentionally kneel before God in prayer? This week, try starting or ending your day on your knees, and notice how it affects your connection with Him.

Grover Duling, CBC Executive Board

Weekly Prayer Points

Have mercy upon us, Oh God, according to Thy lovingkindness: according unto the multitude of your tender mercies, blot out our transgressions. Wash us thoroughly from our iniquities and cleanse us from our sin. For we acknowledge our transgressions and our sin is ever before us. Against You and You only have we sinned. We were born in sin and are not able to save ourselves. You desire that we see the truth, and that truth would be a part of even our DNA. Wash us with Thy blood that we may be made whiter than snow. Create in us a clean heart and renew a right spirit within us. After You have dealt with us, let us hear joy and gladness and enjoy Your presence every day of our lives. Amen!

Please pray for these congregations and pastors:

- Barren Ridge Congregation in Staunton, VA and Pastors Henry and Janet Elsea
- Bashan Congregation in the Democratic Republic of Congo, Africa and Pastor Buturi Majeru Alphonse

CBC Prayer Committee