



Scriptures for Life

Praise and Prayer - Psalms 141:2

Welcome to Scriptures for Life with TorahFamily.org. Taking time to focus on the Father's way.

Psalms 141:2 May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice.

It is believed by some that David wrote this psalm when he fled Jerusalem in fear of his life. That's why we see the reference that he makes about his prayer representing the incense of the priests and his uplifted hands representing the smoke going up from the evening sacrifice. He missed seeing the Tent of meeting knowing the presence of YHWH dwelled within it. He wanted to praise YHWH the best he could and he was willing to do whatever he could in humbling himself and exalting YHWH. All with the efforts of remembering. We should have that same longing in our life everyday. To praise YHWH without shame.

If you feel that you are out in the wilderness at this time in your life like David was, praise YHWH in the midst of it. Go into your prayer room, offer prayers up as the incense was in the temple. Raise your hands to Him in representing the evening sacrifice.

Give Him praise from the depths of your heart, for He is truly worthy. As I've always said, time spent in praise and prayer, is time that is never spent in vain.

Let this be a focus in your time of meditation throughout the day. Until next time, Shalom