How some of the OT saints prayed:

1. David: The King Who Laid Prostrate (2 Samuel 12)

As the writer of Psalm 91 and Psalm 51, David knew everything about humbling himself. While he stood courageously against Goliath, he flatly refused to stand proud before God.

- **The Context:** When David was confronted by the prophet Nathan over his sin with Bathsheba, and his child became gravely ill, look at how the king of Israel responded.
- **The Posture:** *"David therefore besought God for the child; and David fasted, and went in, and lay all night upon the earth."* (2 Samuel 12:16, KJV). When his elders tried to get him up off the ground, he refused.
- **The Hook for your Message:** David stripped off his royal robes, bypassed his throne, and put his face right in the dirt. He understood that when you are broken before God, the only proper posture is flat on the floor.
- **The Takeaway:** David's true greatness wasn't his crown; it was his capacity for absolute brokenness and humility. He knew that *"The sacrifices of God are a broken spirit: a broken and a contrite heart, O God, thou wilt not despise."* (Psalm 51:17).

2. Solomon: Kneeling in Public Leadership (1 Kings 8:54)

If you want a third rapid-fire example, David's son Solomon carries the torch perfectly.

- **The Posture:** At the massive dedication of the Temple, before all of Israel, King Solomon finished praying to the Lord. Scripture notes that he rose *"from before the altar of the Lord, from kneeling on his knees with his hands spread up to heaven."* (1 Kings 8:54).
- **The Takeaway:** The wisest and wealthiest king on earth showed his entire nation that the highest office in the land still kneels before the Most High.

3. Daniel: The Habitual Kneeler (Daniel 6:10)

Daniel's life is the ultimate blueprint for a non-legalistic, deeply ingrained prayer discipline.

- **The Context**: King Darius had just signed a decree stating that anyone who prayed to any god besides the king would be thrown into the lions' den. Daniel was the top administrator in the empire—he had massive influence and power.
- **The Posture:** *"Now when Daniel knew that the writing was signed, he went into his house; and his windows being open in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and prayed, and gave thanks before his God, as he did aforetime."* (Daniel 6:10, KJV).
- **The Hook:** Daniel didn't change his posture to adapt to the political pressure, nor did he switch to a "silent, standing prayer" to play it safe. He knelt because that was his foundational place of dependence.
- **The Takeaway:** Daniel was able to stand uncompromised before a pagan king and survive a den of lions because he was used to kneeling three times a day before the King of Kings.

Weaving this in:

- **Daniel** knelt for *consistency and protection*.
- **David** laid prostrate for *repentance and brokenness*.
- **Solomon** knelt for *worship and dedication*.
- **Jesus** knelt for *surrender and alignment*.

Every single one of them operated in massive, history-shaping authority, but every single one of them had dirty knees.

The only time Jesus is known kneeling in prayer is in the garden of Gethsemane. What is the significance of this posture?

Jesus' posture in prayer is an indication of his submission to the Father's will. Kneeling is a sign of submission to authority. Men knee to acknowledge another's authority over us. For example even King Solomon acknowledged that he was a subject of a higher authority by kneeling:

1Kings 8:54 When Solomon had finished praying this entire prayer and supplication to the LORD, he arose from before the altar of the LORD, from kneeling on his knees with his hands spread toward heaven.
1Kings 8:55 And he stood and blessed all the assembly of Israel with a loud voice, saying:
1Kings 8:56 "Blessed be the LORD, who has given rest to His people Israel, according to all that He promised; not one word has failed of all His good promise, which He promised through Moses His servant. All men are called to acknowledge the Lord's rule in our lives by kneeling before Him in worship:

Psalm 95:6 *Come, let us worship and bow down, let us kneel before the LORD our Maker.*

And so Jesus was kneeling in submission to the Father's authority. Jesus is described in Luke as kneeling when He sought the Father's permission to avoid the cross. Consider Jesus' words as He prayed in Luke 22:39-42:

> *And He came out and proceeded as was His custom to the Mount of Olives; and the disciples also followed. When He arrived at the place, He said to them, "Pray that you may not enter into temptation." And He withdrew from them about a stone's throw, and He knelt down and began to pray, saying, "Father, if You are willing, remove this cup from Me; yet not My will, but Yours be done."*

Note that Jesus' request to the Father was that Jesus be allowed to avoid the cross, and Jesus prayed in a posture of submission to the Father's authority. While it's likely that Jesus knelt at other times as well, this particular moment was crucial, since it demonstrated both the extent of Jesus' suffering and His willingness to submit to the Father's authority.

Jesus taught that we pray the Father's will be done, and in this moment we see evidence that Jesus prayed this way as well. Clearly, Jesus wished to avoid the pain of the cross, but He submitted to the will of the Father, and His kneeling demonstrated that submission