

## **I. The Context: The Church in Holy Prayer**

- A. The Call to Expansive, Everywhere Prayer (2:1-8; Mal 1:11; Ps 117; 66:1-4; John 4:21-24; Rev 5:8-10)
- B. Prayer Requires Holiness (2:8-10; Prov 15:29; Isa 59:2; Heb 10:19-23)

## **II. Instructions in Holiness for Men (2:8)**

- A. External Expression: Lift Up Holy Hands
  - 1. Holy Hands: Purity of Prayer (Exo 30:20-21; Ps 24:3-4; 26:6; Isa 1:15-17; 59:1-3; James 4:8)
  - 2. Lifted Hands: Posture of Prayer (Ps 28:2; 63:4; 132:2)
- B. Internal Reality: Without Anger and Quarreling (6:3-5; Mark 11:25; 1 Peter 3:7; Col 3:8)

## **III. Instructions in Holiness for Women (2:9-10)**

- A. Internal Reality: Holiness and Godliness of Heart (1 Sam 16:7)
- B. External Expression:
  - 1. Respectable Apparel (1 Peter 3:3; Exo 28:42-43)
  - 2. Modesty & Self-Control (1 Peter 3:4)
  - 3. Good Works (5:10; Gal 6:9-10)

“Arguments are harmful to the body of Christ in many ways, but especially because they hinder the church’s prayers. Bitterness and resentment make for sour prayers.” –Philip Ryken

“God is concerned mainly with what is in their heads and hearts, rather than with their outward appearance, though what they are inwardly should be demonstrated in how they dress.” –W. John Cook

“Showy clothes ill befit broken and contrite hearts, the hearts which God welcomes at the service of the Word and Sacraments.” –E. K. Simpson

“The reason for Paul’s prohibition of elaborate hair styles, ornate jewelry, and extremely expensive clothing becomes clear when one reads the contemporary literature of the inordinate time, expense, and effort that elaborately braided hair and jewels demanded, not just as ostentatious display, but also as the mode of dress of courtesans and harlots.” –George W. Knight III

“The church should be a veritable beauty parlour, because it encourages its women members to adorn themselves with good deeds. Women need to remember that if nature has made them plain, grace can make them beautiful, and if nature has made them beautiful, good deeds can add to their beauty.” –John Stott

### Reflection Questions (for personal reflection and family conversation):

1. What is the connection between prayer and holiness?
2. How is a holiness of heart expressed outwardly?
3. How does the commandment to dress in respectable apparel, with modesty affect the clothes you buy? Do you remember this verse when you are shopping for clothing or when you are getting dressed in the morning?
4. What do these verses say to those looking for a spouse? Should one focus primarily on physical beauty, fashionable clothes, or the beauty that comes from a loving heart expressing itself in good deeds?