

Moses needed Aaron and Hur to lift his hands in order to win the battle. They overcame the enemy when they had each other. Do you have people in your life who lift up your hands in tough times and in battle? If yes, why is it important to have spiritual family and specific people that you can live and grow in life together? Can you name 2 or 3 them? If no, why don't you have people in your life to stand with you?

PERSONAL APPLICATION

1. What have you learned from this lesson and how will you apply it in a practical way?

2. Find 2 or 3 people that you trust and know that they really love and care for you. Tell them that you consider them your "Aaron or Hur" and that you give them the right to speak into your life.

PRAYER

On the space provide below, record prayer requests and answered prayers. Pray for one another.



LIFT YOUR HANDS

WARM-UP

1. What is your favorite sports team? How do you react or respond when your team wins?

2. What are you thankful and grateful for this year? How do you show gratitude?



Jesus was born in Bethlehem in Judea, during the reign of King Herod. About that time some wise men from eastern lands arrived in Jerusalem asking:

“Where is the newborn king of the Jews? We saw his star as it rose, and we have come to worship him”.

Matthew 2:2 NLT

They did not come to just see the baby. They did not come to see what they can get from God or what God could do for them. They came to **worship** Him!

Christianity today, even in the Western world has become very self-centered. “What’s in it for me?” “What can I get out of this?”

But what is true worship? Here are some valuable lessons we can learn from this:

1. LIFT UP YOUR HANDS TO GOD.

You, God, are my God, earnestly I seek you; I thirst for you, my whole being longs for you, in a dry and parched land where there is no water. I have seen you in the sanctuary and beheld your power and your glory. Because your love is better than life, my lips will glorify you. I will praise you as long as I live, and in your name I will up my hands.

Psalm 63:1-4

True worship is being totally surrendered to God. Lifting your hands is an act of surrender. David had a very close relationship with God. Do you have a close relationship with God? David knew where his victory came from. David praised and worshiped God when he had nothing and yet he experienced God’s love. Do you lift your hands when you worship God? Why or why not?

2. GOD IS PLEASED WITH WORSHIP THAT COMES FROM THE HEART.

Therefore I want the men everywhere to pray, lifting up holy hands without anger or disputing.

1 Tim. 2:8

Is it possible to lift up your hands during praise and worship but your heart isn’t there? What does “worship with your heart” mean?

O Lord, I am calling to you. Please hurry! Listen when I cry to you for help! Accept my prayer as incense offered to you, and my upraised hands as an evening offering.

Psalm 141:1-2 NLT

Draw near to God and He will draw near to you.

James 4:8

Does your heart draw near to God? Why or why not? What does it mean to draw near to God? Have you raised your hands to God as an offering when you pray to Him? Tell us about it.

3. YOU NEED OTHERS TO LIFT UP YOUR HAND.

So Joshua fought the Amalekites as Moses had ordered, and Moses, Aaron and Hur went to the top of the hill. As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning.

Exodus 17:10-11

When Moses’ hands grew tired, they took a stone and put it under him and he sat on it. Aaron and Hur held his hands up—one on one side, one on the other—so that his hands remained steady till sunset. So Joshua overcame the Amalekite army with the sword.

Exodus 17:12-13