



## Part 8: Put Your Hands Up!

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### Exodus 17:8, 10-13, 15-16

<sup>8</sup>The Amalekites came and attacked the Israelites at Rephidim...

<sup>10</sup>So Joshua fought the Amalekites as Moses had ordered, and Moses, Aaron and Hur went to the top of the hill. <sup>11</sup>As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning. <sup>12</sup>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. <sup>13</sup>So Joshua overcame the Amalekite army with the sword.

<sup>15</sup>Moses built an altar and called it The LORD is my Banner. <sup>16</sup>He said, "Because hands were lifted up against the throne of the LORD, the LORD will be at war against the Amalekites from generation to generation."

- Hands up in conflict
- Hands up in community
  - Confidants
  - Comrades
  - Colleagues
  - Community
  - Crowd

**Application:** Whose hands are you holding up?  
Who is holding up your hands?

- Hands up in worship

### Exodus 18:13-15

The next day Moses took his seat to serve as judge for the people, and they stood around him from morning till evening. When his father-in-law saw all that Moses was doing for the people, he said, "What is this you are doing for the people? Why do you alone sit as judge, while all these people stand around you from morning till evening?"

Moses answered him, "Because the people come to me to seek God's will."

- Hands up in desperation

*(Continues on back)*

## Exodus 18:17-23: Godly words of Wisdom

<sup>17</sup> Moses' father-in-law replied, "What you are doing is not good. <sup>18</sup> You and these people who come to you will only wear yourselves out. The work is too heavy for you; you cannot handle it alone. <sup>19</sup> Listen now to me and I will give you some advice, and may God be with you. You must be the people's representative before God and bring their disputes to him. <sup>20</sup> Teach them the decrees and laws, and show them the way to live and the duties they are to perform. <sup>21</sup> But select capable men from all the people—men who fear God, trustworthy men who hate dishonest gain—and appoint them as officials over thousands, hundreds, fifties and tens. <sup>22</sup> Have them serve as judges for the people at all times, but have them bring every difficult case to you; the simple cases they can decide themselves. That will make your load lighter, because they will share it with you. <sup>23</sup> If you do this and God so commands, you will be able to stand the strain, and all these people will go home satisfied."

### • Hands up in surrender

- To a reality check (vs. 17)
- To healthy boundaries (vs. 18)
- To God's standards (vs. 20)
- To trusting other people (vs. 21)

**Application:** Where are you doing too much and where are you doing too little?

### • Hands up in obedience

## Exodus 18:24-25

Moses listened to his father-in-law and did everything he said. He chose capable men from all Israel and made them leaders of the people, officials over thousands, hundreds, fifties and tens.

**Application:** Have you surrendered to isolation or to God's plan for your participation?

### Small Group Questions



- 1) What were the highlights and lowlights of your week?
- 2) Who are the people in your life that "hold up your hands?" How did you find them?
- 3) What communities are you in that provide support for your spiritual walk?
- 4) What area of your life do you need to surrender to? Reality check? Boundaries? Standards? Trust?
- 5) Knowing that you love and trust the people in your group, do you have a word of wisdom to share with someone in your group? Leader: be careful with this one!
- 6) How can we pray for you today?