

As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning. 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. Exodus 17:11-12 (NIV)

Keep On Praying

Victory does not depend on you. There are battles that you will never win with your own efforts. You will not defeat every enemy in life by yourself, no matter how much you wish that you could. Why is that? Did you make me weak on purpose? **No, I did not make you weak on purpose. That's really the wrong question and the wrong way to look at things.** What is the right way to look at things? **Do you wish that you were self-sufficient and had no need of help from me?** No, I don't want that at all. **If you never really needed me for anything would you ever call on me for help?** No, I'm sure that I wouldn't. **Why do you say that?** Well, from my past experience I know that when things are going perfectly I have a tendency to not call on you very much. **Very much?** Ok, at all.

So, is it a great gift to have everything that you need and want or is it a gift to have great needs that cause you to cry out to me for help? Now, I see why you said that I was looking at things incorrectly. **What has great need caused you to do?** Great need has caused me to cry out to you in prayer. **When you have been in great need did you pray just once or did you keep on praying?** I kept on praying until my need was met, the battle won or the problem was solved. **Yes, you did.**

When you have cried out to me in prayer what has happened to our relationship? Our relationship has grown and deepened as I have prayed and trusted you through the needs, problems and battles in my life. **Yes, it has. If you could choose between a problem free life or a deeper relationship with me what would you choose?** I would choose a deeper relationship with you. **Yes you would. Do you really need a bunch of problems to grow in your relationship with me?** No, I don't. Problems still get my attention and cause me to cry out to you but they are not the reason I keep coming to you.

Why do you keep coming to me? I come to you because you love me and I love you. **Yes, I do.** I am your child. **Yes, you are.** There is no place that I would rather be than in your presence meeting with you in prayer. So, I will keep on praying. **Yes, you will.**

Lord, thank you that you have given me the desire to come to meet with you in prayer. Thank you that I can cry out to you for help. You meet my needs, solve my problems and give me victory as I rely on you instead of on myself. Amen

Miracles*Held Up His Hands*

As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning. 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.

NIV

Exodus 17:11-12

Miracles*Held Up His Hand*

Whenever Moses held up his hand, Israel prevailed, and whenever he lowered his hand, Amalek prevailed. But Moses' hands grew weary, so they took a stone and put it under him, and he sat on it, while Aaron and Hur held up his hands, one on one side, and the other on the other side. So his hands were steady until the going down of the sun.

ESV

Exodus 17:11-12

Miracles*Held Up The Staff In His Hand*

As long as Moses held up the staff in his hand, the Israelites had the advantage. But whenever he dropped his hand, the Amalekites gained the advantage. Moses' arms soon became so tired he could no longer hold them up. So Aaron and Hur found a stone for him to sit on. Then they stood on each side of Moses, holding up his hands. So his hands held steady until sunset.

NLT

Exodus 17:11-12

Miracles*Held Up His Hand*

And so it was, when Moses held up his hand, that Israel prevailed; and when he let down his hand, Amalek prevailed. But Moses' hands became heavy; so they took a stone and put it under him, and he sat on it. And Aaron and Hur supported his hands, one on one side, and the other on the other side; and his hands were steady until the going down of the sun.

NKJV

Exodus 17:11-12

Miracles*Held Up His Hand*

Whenever Moses held up his hand, Israel prevailed; and whenever he lowered his hand, Amalek prevailed. But Moses' hands grew weary; so they took a stone and put it under him, and he sat on it. Aaron and Hur held up his hands, one on one side, and the other on the other side; so his hands were steady until the sun set.

NRSV

Exodus 17:11-12

Miracles*Raised His Hands*

It turned out that whenever Moses raised his hands, Israel was winning, but whenever he lowered his hands, Amalek was winning. But Moses' hands got tired. So they got a stone and set it under him. He sat on it and Aaron and Hur held up his hands, one on each side. So his hands remained steady until the sun went down.

MSG

Exodus 17:11-12

Miracles*Held Up His Hand*

When Moses held up his hand, Israel prevailed; and when he lowered his hand, Amalek prevailed. But Moses' hands were heavy and grew weary. So [the other men] took a stone and put it under him and he sat on it. Then Aaron and Hur held up his hands, one on one side and one on the other side; so his hands were steady until the going down of the sun.

AMP

Exodus 17:11-12

Miracles*Held Up The Rod In His Hands*

And as long as Moses held up the rod in his hands, Israel was winning; but whenever he rested his arms at his sides, the soldiers of Amalek were winning. Moses' arms finally became too tired to hold up the rod any longer; so Aaron and Hur rolled a stone for him to sit on, and they stood on each side, holding up his hands until sunset.

TLB

Exodus 17:11-12

Miracles*Held His Hand Up*

So it came about when Moses held his hand up, that Israel prevailed, and when he let his hand down, Amalek prevailed. But Moses' hands were heavy. Then they took a stone and put it under him, and he sat on it; and Aaron and Hur supported his hands, one on one side and one on the other. Thus his hands were steady until the sun set.

NASB

Exodus 17:11-12

Miracles*Held His Hands Up*

As long as Moses held his hands up, the Israelites would win the fight, but when Moses put his hands down, the Amalekites would win. Later, when Moses' arms became tired, the men put a large rock under him, and he sat on it. Then Aaron and Hur held up Moses' hands—Aaron on one side and Hur on the other. They kept his hands steady until the sun went down.

NCV

Exodus 17:11-12

Held Up His Hands

Year _____ Week _____ Day _____ Date _____

Miracles – Exodus 17:11-12

In Context: *Read Exodus 17*

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God’s Word: ***(What is God speaking to your heart?)***

As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning. 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. Exodus 17:11-12

Considering The Words: ***(What words speak to your heart?)***

As long as | Moses held up | his hands, | the Israelites | were winning, | but whenever | he lowered | his hands, | the Amalekites | were winning. | 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. Exodus 17:11-12

Praying The Scripture: ***(What prayer from your heart will you write?)***

Lord, thank you that you have given me the desire to come to meet with you in prayer. Thank you that I can cry out to you for help. You meet my needs, solve my problems and give me victory as I rely on you instead of on myself. Amen

What It Means: ***(What questions speak to your heart?)*** *(Suggested questions for small group discussion are in bold)*

Why will the Lord allow you to face difficult problems, great need, and tough battles in life?

How have needs, problems and the possibility of defeat gotten your attention and caused you to pray?

How have problems, needs, and battles in life caused you to rely on the Lord instead of on yourself?

How has your relationship with the Lord grown as you have prayed through problems, needs and battles in life?

When have you persisted in prayer until a need was met, problem solved or victory won?

Who has come alongside of you to join you in prayer until a need was met, problem solved or victory won?

When has the Lord given you victory, solved a problem or met your need in response to your prayers to Him?

Living It Out: ***(What action step is God guiding your heart to take?)***

Meet with the Lord in prayer and rely on Him to solve your problems, meet your needs and give you victory.

Seeing It Happen: ***(What are you trusting God for in your heart?)***

Have faith that the Lord will solve your problems, meet your needs and give you victory as you rely on Him in prayer.

Get Ready To Share: ***(What can you share with others from your heart?)***

Share with another person or your small group how you are praying and growing in your relationship with the Lord.

Close With Prayer:

Quiet Yourself Before The Lord

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

Journal

As You Quiet Yourself Before The Lord

What Do You Want To Say To Me Lord?

What Prayers Are You Praying Today?

Prayer Of Blessing

(What Prayer Of Blessing Can You Pray For Another?)

May you pray to the Lord and rely on Him to solve your problems, meet your needs and give you victory.

Prayer To Carry

(What Prayer Would You Like To Carry Throughout Your Day?)

Lord, thank you that I can pray and rely on you for help through every need, problem and battle in life.

What Do You Want To Remember About Today?
