

## EXODUS 17:8-13

"While the people of Israel were still at Rephidim, the warriors of Amalek came to fight against them. Moses commanded Joshua, call the Israelites to arms, and fight the army of Amalek. Tomorrow, I will stand at the top of the hill with the staff of God in my hand. So Joshua did as Moses had commanded. He led his men out to fight the army of Amalek. Meanwhile, Moses Aaron, and Hur went to the top of a nearby hill. As long as Moses held up his staff with his hands, the Israelites had the advantage. But whenever he lowered his hands the Amalekites gained the upper hand. Moses' arms finally became too tired to hold up the staff any longer. So Aaron and Hur found a stone for him to sit on. Then they stood on each side holding up his hands until sunset. As a result, Joshua and his troops were able to crush the army of Amalek."

We all have our battles. We can't fight battles on our own. We all need someone's help. How many times have we been too tired to rise up? There have many times when I felt so beat down, and then, I'll hear an encouraging word from someone I don't even know. It might come from the cashier at the local grocery store. Sometimes it is our duty in Christ to uplift others. We are made in God's image and we are to strive to be more like Christ. We have neighbors who are hungry. We have neighbors who are lonely and depressed. We have neighbors who are doing without basic needs.

We should look within ourselves and ask what can we do to raise others up? We all have gifts. There is that one thing that we can all do. We can do a variety of things: Encouraging words; just listening; an invite to dinner, or just a hug. We should all strive to be an Aaron and Hur. Aaron and Hur stood by Moses' side and raised him up. Together we can win the battle! We need to stop breaking each other down and concentrate on raising each other up.