

I. Upraised Hands: A Posture of Prayer, Blessing, worship and praise

A. Upraised Hands – It's a God-created 'natural response'...

1. It's a 'natural thing' to raise our hands... most of the time.
2. Reluctance to 'lift our hands to the Lord' –
 - a. born of fear... thoughts of fanaticism, manipulation, association with 'them'...
 - b. sown of satan... the enemy tries to keep us from it, knowing the power & blessing that attends comes with simple participation.

II. The Bible indicates that 'lifting hands to the Lord' is...

A. A God-directed posture of prayer...

1. *Then Solomon stood before the altar of the Lord in the presence of all the assembly of Israel, and spread out his hands toward heaven; and he prayed saying... (1Kings 8:22-23)*
2. *May my prayer be set before you like incense; may the lifting up of my hands be like the evening sacrifice. (Psa 141:2)*
3. *I desire therefore that the men pray everywhere, lifting up holy hands, without wrath and doubting. (1Tim 2:8)*

B. A posture of worship, adoration and praise of God

1. *I will praise you as long as I live, and in your name I will lift up my hands. (Psa 63:4)*
2. *I spread out my hands to You; My soul longs for You like a thirsty land. (Psa 143:6)*
3. *Let us lift our hearts and hands to God in heaven (Lam 3:41)*

C. A posture of blessing...

1. *Lift up your hands in the sanctuary, and bless the LORD. (Psa 134:2)*
2. *Then He (Jesus) led them out as far as Bethany, and lifting up his hands He blessed them. While He blessed them, He parted from them and was carried up into heaven And they worshiped Him, and returned to Jerusalem with great joy (Luke 24:50-52)*

III. Spiritual Dynamics & Implications – (It's more than just a physical action) – Moses in Exodus 17:8-13

A. Israel under attack – Moses gives battle instructions...

1. *Joshua, you choose some men and go out and fight the enemy.*
2. *I'll go stand on top of the hill with the rod of God in my hand... (to pray and intercede)*
3. Notice the two-pronged strategy...
 - a. In the physical – face the enemy; go and fight the battle...
 - b. In the spiritual – on the hill, in prayer – calling on the resources of heaven to bring victory in the physical.

B. A very interesting observation...

1. *As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning (Ex 17:11)*
2. The position of Moses' hands had a direct affect on the winning or losing of the battle.

C. Moses got tired and needed help and support.

1. Aaron and Hur were Moses' 'support ministry' (v.12)
2. *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. (v.12)*
4. *So Joshua defeated Amalek and his people with the edge of the sword. (v.13)*

III. Thoughts and Considerations...

1. Where was the battle won? On the battlefield or on top of the hill?
2. Who would you attribute the victory to? Joshua, the fighting men, Moses, Aaron & Hur?
3. What implications can this have for us today as we seek to accomplish and advance in God's will and purposes?