

LIFT UP THE HANDS

(Virtual Sunday #4)

THE HANDS TELL A STORY

- Hand signs in sports
 1. Hands on the head - what just happened?
 2. Hands on hips - tired
 3. Hands raised over the head - touchdown / sign of victory
- Our hands toward God
 1. Our hands lifted up indicates a place of strength (***Hebrews 12:12a KJV***)
 2. The author was quoting (***Isaiah 35:3-4 NKJV***)

WHEN HANDS WERE LIFTED (***Exodus 17:8-15 NKJV***)

- Israel was attacked and forced to fight
 1. But Moses told Joshua he was not alone in this battle
- Moses kept his hands lifted holding the rod of God
 1. The rod of God represented God's power and authority
 2. When God's power and authority were exalted Israel won
- Moses' hands became tired so he utilized help
 1. Moses had two men hold up his hands
 2. Moses did not try to go it alone - not a time for pride
- After the victory Moses built an altar so he and Israel could remember what God had done
 1. Jehovah-Nissi the Lord my banner or standard

LIFT UP OUR HANDS

- We didn't start this battle, we were attacked
 1. But we are going to have to fight
- It is vital that we keep our hands lifted up
 1. Acknowledging the power and authority of God
 2. We lift our hands in praise to the One who helps us and turns the battle for us (***Matthew 21:16***) & (***Psalms 8:2 NKJV***)
- Don't try this alone - we all need help holding up our hands
 1. Good to have people in your life that can help you - part of this church's role
 2. Good to have the Holy Spirit to help us (***Ephesians 3:16 NKJV***)
- God is our victory flag (***Zephaniah 3:16-17 NKJV***)
 1. We can lift our hands because we have another source of help and strength