

# MOSES HOLDS UP HIS HANDS

*Exodus 17:8-16*

## Exodus 17

<sup>8</sup>The Amalekites came and attacked the Israelites at Rephidim. <sup>9</sup>Moses said to Joshua, “Choose some of our men and go out to fight the Amalekites. Tomorrow I will stand on top of the hill with the staff of God in my hands.”

<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>14</sup>Then the LORD said to Moses, “Write this on a scroll as something to be remembered and make sure that Joshua hears it, because I will completely blot out the memory of Amalek from under heaven.”

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

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POSSIBLE POINTS	MY POINTS	QUESTIONS
5		1.) What happened when Moses held up his hands?
5		2.) What happened when Moses lowered his hands?
5		3.) What did Moses build for the Lord?
5		4.) Why do you think the Israelites were winning when Moses held his hands up to the Lord?

POSSIBLE POINTS	MY POINTS	MEMORY VERSE
10		<p>“I will praise you as long as I live, and in your name I will lift up my hands.”</p> <p style="text-align: right;">Psalm 63:4</p>

POSSIBLE POINTS	MY POINTS	HOME CONNECTION	PARENT/GUARDIAN SIGNATURE
5		<i>I have read, or been read, the passage of scripture for this week.</i>	
5		<i>I have answered the questions aloud to an adult at home this week.</i>	
10		<i>I have recited the memory verse out loud to an adult at home this week.</i>	

TOTAL POINTS	CLUB CONNECTION
	LEADER'S SIGNATURE _____ DATE ___/___/___

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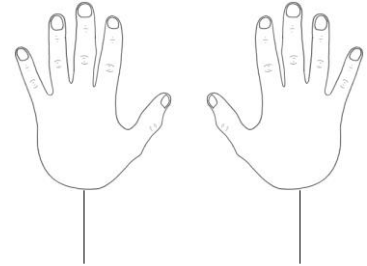
*Exodus 17:8-16*

## CRAFT/ACTIVITY: HANDS HELD HIGH

Students will make hands to hold up high to remind them that while Moses' hands were held up, the Israelites were winning the battle.

### MATERIALS

1. 67 Lb. White Cardstock
2. Hands Held High Pattern
3. Plastic Drinking Straws or Popsicle Sticks
4. Crayons, Markers, or Colored Pencils
5. Scissors
6. Tape



### DIRECTIONS

1. Make a copy of the “Hands Held High” pattern onto 67 lb. cardstock for each student.
2. Have students color the two hands.
3. Allow students to cut out the two hands.
4. Pass out two (2) plastic drinking straws or Popsicle sticks to each student.
5. Help students tape a plastic drinking straw or Popsicle stick to the backside of each hand.
6. Optional: Play the game *Red Light, Green Light* with one set of hands.
  - a. Have one student be Moses. He/she uses one set of hands.
  - b. The other students line up in a straight line 50-100 feet away.
  - c. When “Moses” raises the set of hands, students run toward him (or her).
  - d. When Moses puts his set of hands down, students stop running.
  - e. If a child keeps running after the hands have been put down, he/she must go back five steps.
  - f. The first child to reach Moses wins. He/she becomes the new Moses. Play again if time permits.

### FOR DISCUSSION

As students are assembling their “hands held high”, remind them that God honored Moses’ hands lifted to Him. When he could no longer hold his hands toward heaven, the Israelites began to lose the battle. When Moses’ hands were held up toward heaven, the Israelites would win the battle. This is a great picture for us as Christians. When we are lifting up our lives to Christ, we are blessed. When our lives are not lifted up to him, we are not blessed in the same way. Help students realize that they should lift their lives up to Christ as a living sacrifice.

**TIME NEEDED TO COMPLETE:** Approximately 10 minutes

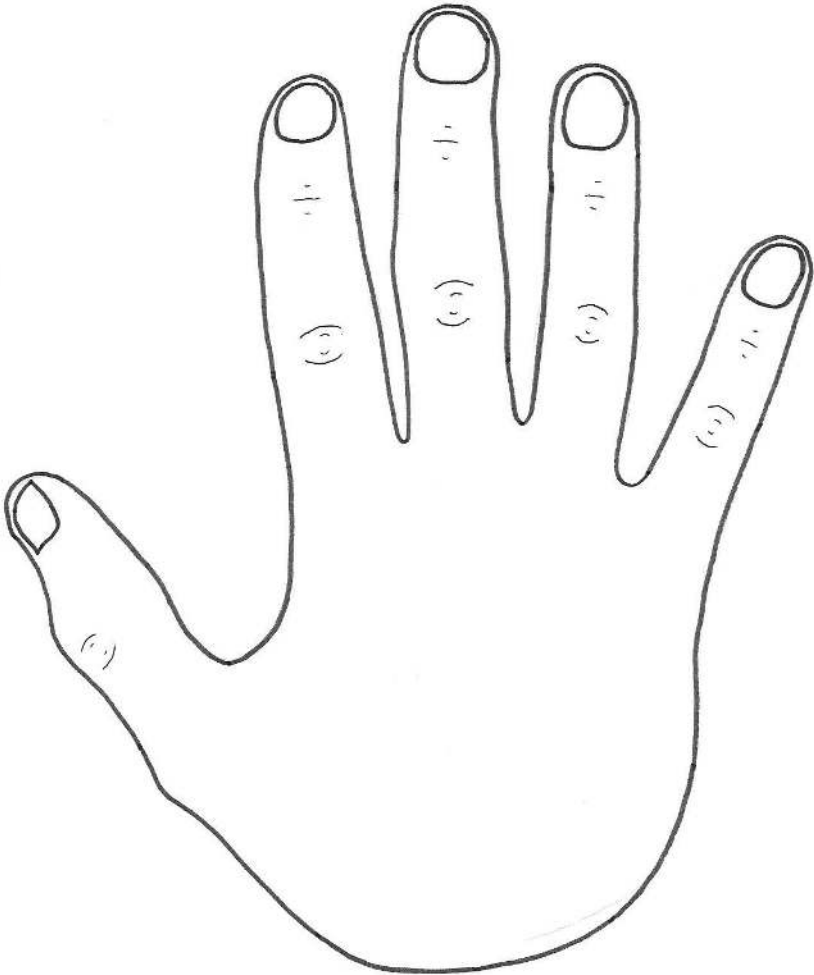
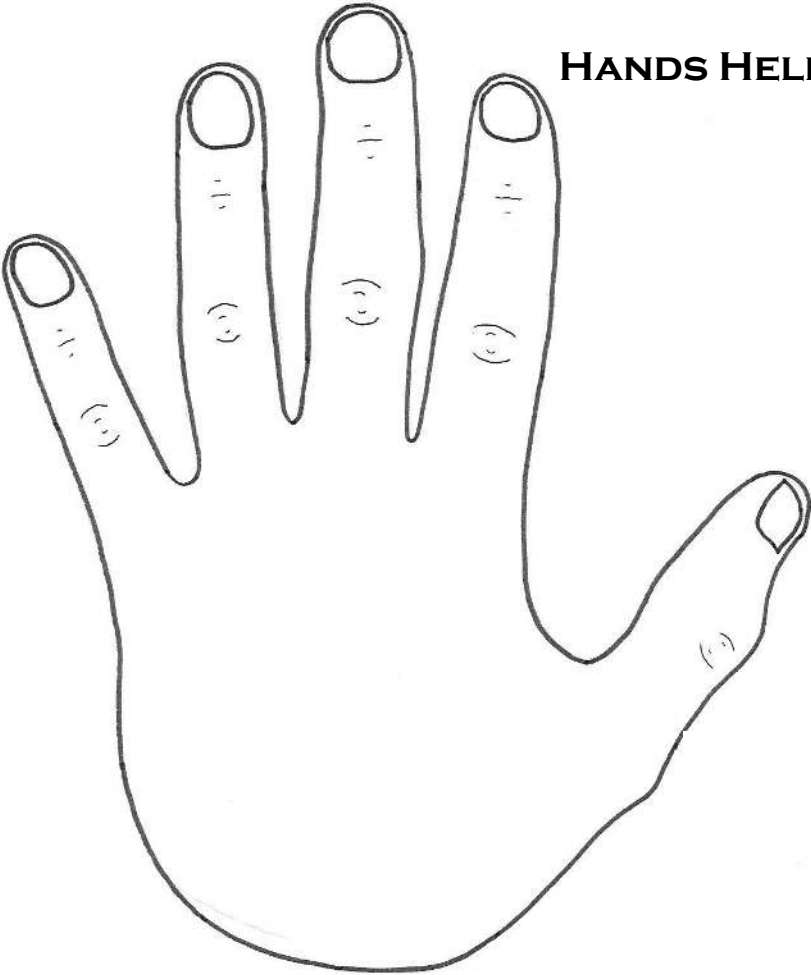
### MEMORY VERSE

*“I will praise you as long as I live, and in your name I will lift up my hands.” Psalm 63:4*

# MOSES HOLDS UP HIS HANDS

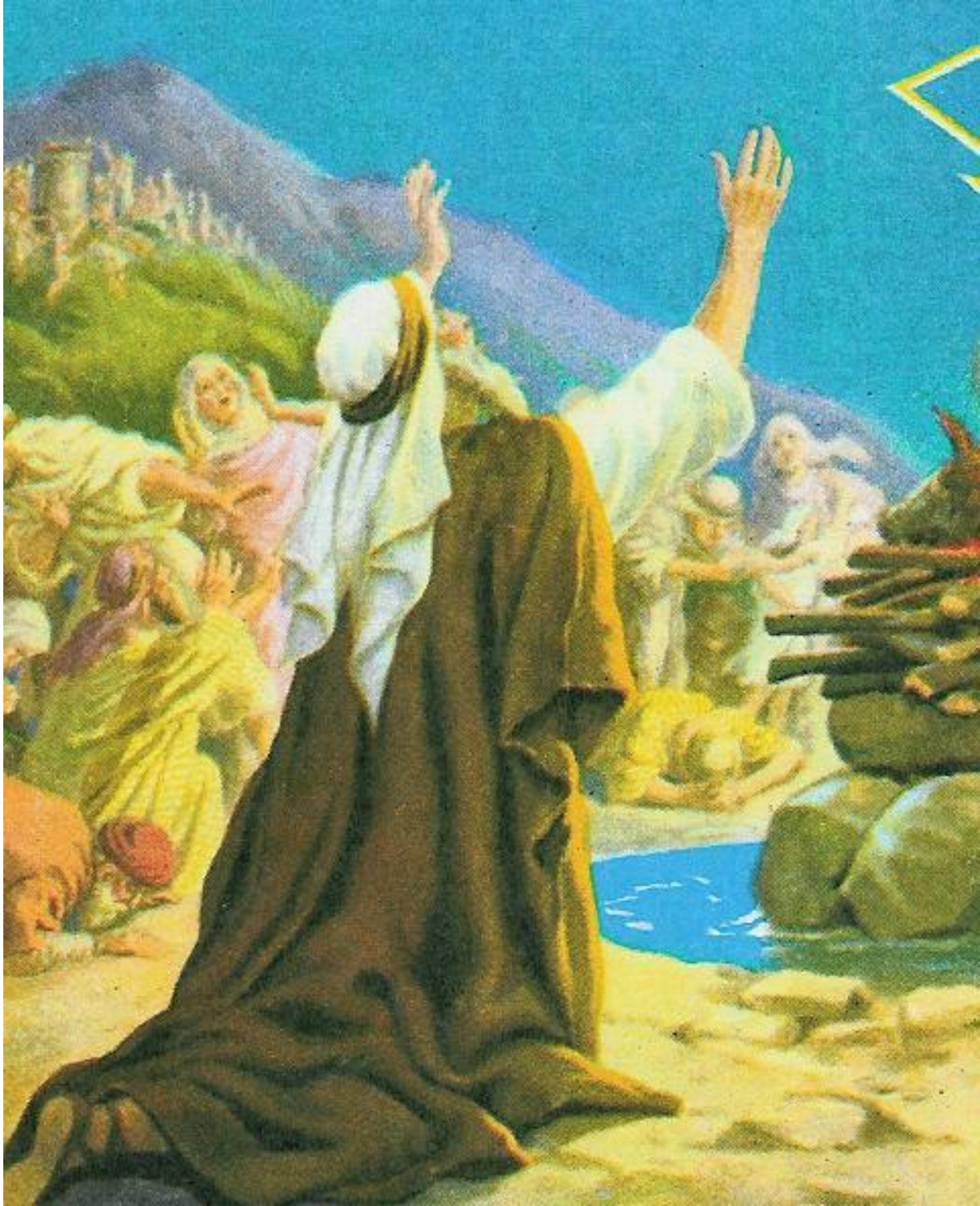
*Exodus 17:8-16*

**HANDS HELD HIGH**



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*Exodus 17:8-16*



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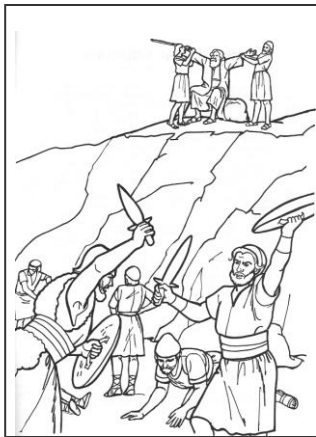


*Aaron and Hur hold up Moses' hands*

# THE BIBLE TIMES HERALD

A SPECIAL REPORT ON EXODUS 17:8-16

## MOSES HOLDS UP HIS HANDS



A group of people called the Amalekites came and attacked the Israelites.

Moses told Joshua to choose some of the Israelites to fight against the

Amalekites.

The next day, Moses stood on top of the hill with a staff in his hand. Two other people went with Moses to the top of the hill. Their names were Aaron and Hur.

As long as Moses had his hands up, the Israelites were winning the battle. But when Moses lowered his hands, the Amalekites were winning.

When Moses got tired of holding up his hands, Aaron and Hur helped. They kept Moses' hands up so that the Israelites would win. By the time the sun began to set in the evening, the Israelites had won!

Then the Lord said to Moses, "Write down what happened on a scroll."

After that, Moses built an altar to the Lord.

To find out more, check out Exodus 17:8-16 in your Bible.

## QUESTIONS

1. Who fought against the Israelites?
2. What did Moses do that helped the Israelites win?
3. How did Aaron and Hur help Moses?
4. Why do you think Moses lifted his hands toward heaven?

## MEMORY VERSE

"I will praise you as long as I live, and in your name I will lift up my hands." Psalm 63:4

## FILL IN THE BLANKS

hill	Moses	Israelites
lowered	won	hands

The Amalekites and the \_\_\_\_\_ were fighting. So \_\_\_\_\_ went up on a \_\_\_\_\_. When Moses lifted up his \_\_\_\_\_, the Israelites were winning. But when the Moses \_\_\_\_\_ his hands, the Israelites were losing. In the end, the Israelites \_\_\_\_\_ the battle!

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**Directions:** Write a short summary of the bible story. You may look back in your bible for help. When you finish, draw a picture in the box.

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