



Marriage Growth-Track

Week 12 - Day 4

Holding You Up

by Justin and Amber Paulk

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 until sunset.

Exodus 17:12

We all need help at one time or another—even when we're following the direction God places upon our hearts. This is what we see in this verse -

- Moses needed help even when God commanded him
- Sometimes even the most notorious people of the Bible needed physical help;
- Community can hold you up when you can't hold yourself up

Moses did his best to honor God by keeping his arms raised, but eventually fatigue began to set in. He pushed on and on, but before day's end he realized he absolutely couldn't do it anymore by himself. There was so much on the line for so many people and it was all dependent upon Moses holding his staff upright towards God. His people, the Israelites, were fighting the Amalekites, and as long as Moses was able to hold his staff up, the Israelites would advance; when he let it down, the Amalekites began to win.

His community saw what was happening and took action. They came alongside and helped Moses keep the staff raised. In turn, God was honored and the Israelites were victorious. And it all occurred because Moses' was supported by friends who helped him fulfill his call from The Lord.

Men typically have a hard time asking for help—especially where they're young and full of bravado. "No man, it's not too heavy." "I can handle this—no problem." "Sure, I can carry it alone." It's like it's a badge of honor to carry heavy, oversized objects alone and that asking for help is considered a sign of weakness...til the next morning when angry muscles make it hard to move.

This is one guy's account about the mindset of his life group:

"Our small group doesn't even give you a chance to be an idiot. Being in a community

that has the mindset of service is an incredible thing to witness. Our small group won't let you 'lift that thing that is too heavy.' God tells us we are to serve—serve our community; serve our church; serve those in need. And, while these are all nice things to talk about, seeing them in action is truly remarkable. And being community-minded is exactly all about that—action.”

Small groups provide the support structure we all need from time to time. Whether it is coming together to pray over a big decision or delivering meals when babies arrive or helping people move, being community-minded provides what we as individuals cannot—the collective power and resources of a group.

Think of it this way...moving is a chore, no matter how you look at it. There's boxes to be packed, loaded and unloaded, and then unpacked. There's furniture and clothes and toys and everything you've ever bought it seems like. But you know what makes it a whole lot more tolerable, even enjoyable? The company of good friends—their help and humor and definitely their muscles—especially when it comes time to move the couch!

Discussion Questions:

1. What are you doing as a couple to give yourselves to friends, extended family, neighbors, and other members of the larger community?
2. Are there others of less-fortunate situations- a single mom, a struggling couple, a fatherless child- that you are investing in together?

Action Steps:

Discuss with your spouse how you can as a couple serve your friends, family, and neighbors. Look for places you can be involved together (serving meals at a homeless shelter, meeting the needs of fatherless children at Christmas) etc.

Prayer:

Heavenly Father, we know that you are there as the ultimate support structure. We are grateful that we can lay down all of our worries and fears before you. And we are just as grateful that you created community-minded people that are also there to help us get through the tough times. We ask that you give us the opportunity to be a part of providing relief to others as well as opening a door for us as we need relief. We ask all these things in your name.