

SPIRITUAL TASK – LOOK TO THE HIGHER POWER (Exodus 17)

by the Rev. David Roth at the New Church of Boulder Valley

Story The children of Israel faced their first enemy the Amalekites. They struck from behind the weaker parts of the Israelite entourage. Joshua led them in battle against the Amalekites and as long as Moses kept his hands raised they Israelites prevailed, but when he lowered his hands they lost.

Meaning This story illustrates an important truth. In order to overcome the enemies of our spiritual lives we must raise our thoughts to the Lord and look to Him for help. When we look to ourselves for support and strength we lose it. We are strengthened in these battles by the Word, our understanding of it and the support of others. When we give thanks to the Lord and raise our hands in gratitude the Lord is able to bless us.

Task This week in times of inward struggle or confusion, raise your hands, that is, look up to a higher Power for help. If you are alone, actually lift your head and raise your hands to heaven, and vocally ask God for help. Does this help with the struggle?