



HEAVY LIFTING

August 8, 2021

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MESSAGE NOTES

When Moses' arms got tired, Aaron and Hur got a stone and put it under him. Then he sat on it. Aaron and Hur held up his hands. Aaron was on one side, and Hur was on the other. Moses' hands remained steady until sunset. So Joshua destroyed the Amalekite army with swords. Then the Lord said to Moses, "This is something to be remembered. So write it on a scroll. Make sure Joshua knows you have done it. I will completely erase the memory of the Amalekites from the earth." — Exodus 17:12 – 14



DISCUSSION

Read Exodus 17:12 – 14

- What spoke most to you from the message on Sunday? Why?
- How does this verse challenge you?
- How has this season at ENCOUNTER affected you?
- What does it take for you to stay engaged and committed?
- Who are you supporting? Whose arms are you holding up?
- Who is supporting you? Who is helping hold up your arms?
- What does it mean to “bear one another’s burdens”?
- What are some practical ways you can help and support people?
- Think of a few people who have supported you in your relationship with God. Consider writing/calling/texting/emailing them this week and thank them for supporting you.