



WHEN YOU CAN'T DO IT ALONE

PRECEPT

Exodus 17:8–13

⁸ The Amalekites came and attacked the Israelites at Rephidim. ⁹ 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.” ¹⁰ So Joshua fought the Amalekites as Moses had ordered, and Moses, Aaron and Hur went to the top of the hill. ¹¹ As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning. ¹² 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. ¹³ So Joshua overcame the Amalekite army with the sword.

PROMISE

All of us will face seasons when the burden becomes too heavy to carry alone. Maybe you lost someone you love, and a friend sat beside you while you cried. Maybe you became sick, and someone drove you to appointments, brought you food, or prayed with you. Maybe you faced financial hardship, and someone quietly helped provide for your family. They may not have solved your problem or changed your circumstances, but their presence reminded you: “I do not have to face this alone.” Yet, we do not always respond well to people who are hurting. Instead of praying, we may gossip. Instead of comforting, we may criticize. Instead of listening, we may rush to give advice. But hurting people do not need us to add to their burden. They need us to help carry it.

GOD GIVES US A PART TO PLAY. God gives each of us a part to play. Different people have different roles, but we are all part of the same mission. Joshua could not fight on the battlefield and stand on the hill at the same time. Moses could not lead the soldiers and hold up the staff at the same time. Aaron and Hur were not fighting with swords, yet their support was essential to the victory. Sometimes we think the most important person is the one standing in front. But the person praying, encouraging, serving, or simply standing beside a tired leader matters too. God’s work was never meant to depend on one person doing everything. We need each other.

EVERYONE CAN REACH A POINT OF WEARINESS. There are burdens we can carry for a few minutes, but when we carry them for days, months, or even years, they can slowly drain our strength. You can love God and still become tired. You can have strong faith and still feel overwhelmed. Being tired does not mean you are unfaithful—it means you are human. Even strong people need support. Even leaders need prayer. And even those who carry others sometimes need someone to help carry them. You were never meant to carry every burden alone.

GOD PROVIDES PEOPLE TO HELP US PERSEVERE. Real support is more than saying, “I’ll pray for you.” Sometimes it means bringing a meal, listening without judgment, sitting beside someone who is hurting, or simply saying, “I’m here. You don’t have to carry this alone.” Aaron and Hur couldn’t take Moses’ responsibility away, but they could help carry the weight. Sometimes God strengthens us directly. Other times, He sends someone to stand beside us.

Some victories are possible because someone stood beside us when we could no longer stand on our own. Joshua fought. Moses held the staff. Aaron and Hur supported Moses. And God gave Israel the victory. It was never about one person doing everything alone. Each person had a role, and they supported one another while depending on God. Maybe that is why some of us are still standing today. Someone prayed for us. Someone encouraged us. Someone helped carry the weight when we were tired. Galatians 6:2 says, “Help carry one another’s burdens. In this way you will follow Christ’s teachings.” So, when your strength begins to run out, don’t be afraid to say, “I need help.” That is not weakness—it is humility. Let someone hold up your hands. You were never meant to carry every burden alone. God is with you, and He can send people to stand beside you.

PRACTICE

1. **Alone.** What makes asking for help an act of humility rather than weakness?
2. **Still standing.** If you are honest with yourself today, are you carrying a burden that God may be asking you to let someone help you carry? And how can we pray for you regarding this?

PRAYER

I. Worship Service

- Pray that we will all be proactive in inviting our friends and families.

II. Dreams

- May God give us guidance and wisdom in achieving our dreams.

III. Courage

- Pray that God give us discerning hearts to know His will and the courage to obey it.

IV. Nations

- Pray for protection, strength, and spiritual healing of all nations.

V. Unity

- Pray that we will support one another as we work together for God’s Kingdom.

VI. World

- Pray that God free our world from conflict and bring unity to all nations.

VII. Direction

- Seek the Lord for guidance and divine wisdom as we set our goals this year.