

# CONVERSATION GUIDE

## LET'S TALK ABOUT HANDS UP PRAYER

### HERE'S THE BIG IDEA

*In Exodus 17, Moses fights a battle through prayer while Joshua fights the physical battle against the Amalekites. When Moses raises his hands, Joshua is winning the battle but when he lowers his hands, the Amalekites begin to win. This passage shows us through Moses that God can help us fight battles worth fighting for through our "Hands Up Prayers". What are some battles you find yourself in right now -- Are they worth fighting? Lets talk about Hands Up Prayer*

### GOD'S INVITE TO PRAY

***"No amount of human effort can compensate for a prayer-less life. Prayer is God's invitation to move things in Heaven to sway things on Earth."***

**KEVIN MYERS**

### LET'S TALK

#### BREAK THE ICE

**Q: Which one of these restaurants have the best chicken tenders -- Chickfila, Zaxbys or Raising Canes**

**Q: What are some things in your life that are worth fighting for? Why?**

#### TELL ME THE TRUTH | EXODUS 17:11-13

*"(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."*

Through the story of Moses and Joshua, we see the power of praying and working toward the will of God. When we combine prayer and action, God is able to move through both the spiritual and physical world.

**Q: What is so important about Moses' posture of raising his hands?**

**Q: Is our posture during prayer important? Why or why not?**

**Q: What is one area of your life where you can engage in Hands Up Prayer?**

### GO DEEPER (OPTIONAL)

**Q: How has prayer or lack of impacted your life?**

**Q: How could praying over your battles impact your relationship with God?**

Take time to pray the following: "God, connect our hearts to help us understand what You would have us fight for."

### DO SOMETHING

As we continue the 21 Days of Prayer as a Church, find ways to lean closer into God's presence. A great way to start this is to attend prayer services at your campus during the weekdays and on Saturdays. To learn more about service times go to [12Stone.com/21days](https://12Stone.com/21days).

### RESOURCES

*"21 Days of Prayer – Connect My Heart" – 12Stone Church, Jan. 12, 2020 (MESSAGE)*

*"Can He Hear You Now?" – RELEVANT Magazine (ARTICLE)*

*"21 Days of Breakthrough Prayer" – Jim Maxim (BOOK)*