



Life Is with God **AND PEOPLE**

Family Devotion August 9, 2026

Ice Breaker:

What is one thing that you really enjoy doing for others or giving to others?

Scripture Reading:

Exodus 17: 9-12; 1 Thessalonians 5:11

Message: Shortly after leaving Egypt and while journeying to the Promised Land, the children of Israel were repeatedly attacked by the Amalekites. The Amalekite tactic was to strike Israel when the people were tired, scattered and vulnerable, often targeting stragglers who got separated from the rest of the Israelites. The first major battle where Israel fought back was at Rephidim, which means “support.” It was at this battle that Moses stood on a hill with his hands raised, and as long as his hands stayed up, Israel would win the battle. But when Moses hands got heavy and he lowered them, Israel would start losing the battle. Aaron and Hur came alongside Moses and held up or “supported” his hands until the battle was won and the Amalekites were defeated.

God never intended the Christian life to be a solo journey. From the very beginning, He formed a family—a people who would follow Jesus side by side. The Bible describes the church as a body, where every part matters and every part needs the others. A hand can’t do much without an arm. An eye can’t see without the brain. In the same way, Christians grow stronger when they stay connected.

Sometimes we think we can handle life on our own. But God knows we need encouragement, correction, prayer, and support. He knows there will be days when our faith feels weak—and on those days, He uses other believers to lift us up. And He uses us to strengthen them too.

When we show up for each other—through kindness, prayer, listening, serving—we reflect Jesus Himself. The church becomes a place where burdens are shared, joys are multiplied, and no one walks alone. Life Is with God **AND PEOPLE!**

Questions:

1. Why do you think Jesus wants His followers to live in community instead of alone?

2. What is one way someone at TLC has encouraged you recently?
3. What is one way YOU can encourage someone this week?

Closing Prayer: Thank you Jesus for giving us a church family. Help us to encourage one other, support one another, and grow together. Help us to be a people who strengthen others and reflect Your love. Amen.

Bible Activity: Find two heavish books (example: dictionary, textbook, large Bible). Put one book in each hand and hold them straight out in front of you for as long as you can. Time each other how long each person can hold the books straight out in front of them before they have to lower their arms. Remember their time. Next do the same challenge again, but have 1 or 2 people assist with holding up the person's arms. See how much longer you can hold up the heavy books when you are supported by others.