

**LIFTERS**  
**Week 1 – He Lifts Us Up!**  
**02/17/19**

**PSALM 3:3** – But you are a shield around me, O LORD; you bestow glory on me and LIFT up my head.

- *Other references in Psalms of “Lifting”:* (Psalm 9:13, 10:12, 30:1, 40:2, 91:11-12, 118:16, 145:14)

**KEY TRUTH (for our series):**

**God is a \_\_\_\_\_ of people, and we are \_\_\_\_\_ to be as well.**

**EXODUS 17:8** – The Amalekites came and attacked the Israelites at Rephidim. <sup>9</sup> 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.” <sup>10</sup> So Joshua fought the Amalekites as Moses had ordered, and Moses, Aaron and Hur went to the top of the hill. <sup>11</sup> As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning. <sup>12</sup> 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. <sup>13</sup> So Joshua overcame the Amalekite army with the sword.

- *Other referenced Scriptures:* (Ephesians 6:10-12, Ecclesiastes 4:12, 1 Peter 2:4-6)

**GALATIANS 6:2** – Carry each other’s burdens, and in this way you will fulfill the law of Christ.

**WHAT BURDENS DO WE HELP LIFT?**

Fears, Loneliness, Doubt, Pain, Confusion, Exhaustion, Regret, Uncertainty, \_\_\_\_\_

**HOW DO WE HELP LIFT BURDENS?**

Consider the “**One Another**” Verses...(Accept...Greet...Bear with...Forgive...Submit to...Offer hospitality to...)

- \_\_\_\_\_ – (JOHN 13:34) – <sup>34</sup> “A new command I give you: Love one another. As I have loved you, so you must love one another.
- \_\_\_\_\_ – (JAMES 5:16) – <sup>16</sup> Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective.
- \_\_\_\_\_ – (EPHESIANS 5:19) – <sup>19</sup> Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord...
- \_\_\_\_\_ – (HEBREWS 10:25) – <sup>25</sup> Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another....
- \_\_\_\_\_ – (COLOSSIANS 3:16) – <sup>16</sup> Let the word of Christ dwell in you richly as you teach and admonish one another with all wisdom...
- \_\_\_\_\_ – (1 PETER 4:10) – <sup>10</sup> Each one should use whatever gift he has received to serve one another, faithfully administering God’s grace in its various forms.

**EXODUS 17:14** – <sup>14</sup> Then the LORD said to Moses, “Write this on a scroll as something to be remembered and make sure that Joshua hears it, because I will completely blot out the memory of Amalek from under heaven.” <sup>15</sup> Moses built an altar and called it **The LORD is my Banner.** (*JEHOVAH NISSI*) <sup>16</sup> He said, “For hands were lifted up to the throne of the LORD. The LORD will be at war against the Amalekites from generation to generation.”