

SPIRITUAL TASK – MOSES’S HANDS HELD UP (Exodus 17)

by the Rev. David Roth at the New Church of Boulder Valley

Story Our subject today is, “How do I know if I am winning the battle of my spiritual life?” In our story Joshua led the Children of Israel in battle against the Amalekites and as long as Moses kept his hands raised the Israelites prevailed, but when he lowered his hands they lost.

Meaning We are taught that the best barometer of our spiritual state is our delights. What do I enjoy? The goal is to “intend good to the neighbor, think nothing but good regarding them, and when possible actually do it.” And have this be the greatest delight in our lives. Most of us are probably not there yet. We have our fluctuations as illustrated by Moses’ hands going up and down. Our aim, like Moses’ hands, can remain heavenward if we have a solid foundation (the rock=the Word) and help from the church (Aaron) and our friends (Hur).

Task This week seek out the help of a friend or relation for support (lots of people in this room). Also begin a consistent program of reading from the Lord’s Word (lots of books out there on the table). If we have support we can keep our attention and focus on the Lord, and so have victory in our battles.