

STRENGTH  
IN NUMBERS

*Part 2*

Better  
Together

A STUDY BY  
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# INTRODUCTION

## EXODUS 17:10-13

I hope you enjoyed our first week's study and video. Before we begin today, make sure to watch Part II of "Better Together." Last week, we began the discussion of God's provision: God may lead us into battle; however, He will walk with us, and surround us with people who will help carry our burdens.

*"So Joshua fought the Amalekites as Moses had ordered, and Moses, Aaron and Hur went to the top of the hill. As long as Moses held up his hands, the Israelites were winning, but whenever he lowered his hands, the Amalekites were winning. 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. So Joshua overcame the Amalekite army with the sword."*

## VICTORY: THE ACT OF DEFEATING AN ENEMY IN BATTLE

Isn't this amazing? As long as Moses had his arms up in the air, Joshua and the Israelites were winning the battle. But as soon as his arms went down, they would begin to lose the battle. The Bible gives us a clear image of fighting together. When we face a personal battle, it is important we learn to work together and serve alongside others, then God tends to give us the victory! It is a reminder that no matter what, we are stronger together.

Let me pause to highlight the meaning of victory. Often we consider victory to mean we no longer have to fight, but God told the Israelites their enemy would still continue to harass them (Exodus 17:16). Every person will face different battles and for each person, the victory will look different.

# CELEBRATE VICTORY TOGETHER

**"Victory is found in never giving up! The enemy only wins if we quit!"**

**ECCLESIASTES  
4:9-12**

For those who live with depression, just getting out of bed is a victory. For others, victory is stepping into new relationships, and taking the risk to share your life with others. Victory is not about overcoming everything so life seems perfect, instead victory is about taking the next step to obey God right where you are in that moment. Victory is found in never giving up! The enemy only wins if we quit!

We aren't made to go through life alone. We aren't made to battle alone, and we aren't made to celebrate alone. It makes a difference to do life with others. We don't succeed when we try and do everything in our own strength. We simply are not an army by ourselves. Our strength can only go so far, but when we have God and others alongside us-- it brings about a security and safety, which we never want to take for granted.

*"Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. Also, if two lie down together, they will keep warm. But how can one keep warm alone? Though one may be overpowered, two can defend themselves. A cord of three strands is not quickly broken."*

But it's not just about going through hard stuff with others, it is also being able to celebrate together. Celebrations are only fun when we get together, especially with those who are active parts of our life. There is a special bond which takes place when someone shows up in our darkest of times-- as it makes the times of celebration so much sweeter.

**\*A good reminder:** *the people who have shown up for you are God's gift to you; an example of His provision.* They are a reminder that whatever you are facing, you have others who care enough to help. It is good to know that many show their concern and care by creating a space for others. This is why those who serve in or around the Church are such a gift. Each person who shows up, no matter where they serve, are in fact creating space so you and others can be encouraged by God. This is a practical way we hold one another's arms up.. just by showing up in various ways.

# WHO IS PART OF YOUR TRIBE?

**TRUSTED  
FRIENDS  
ARE A GIFT  
FROM GOD**

**In Exodus 17 we discover, Aaron (brother of Moses), and Hur were present for Moses and the Israelites. They served where God asked them to serve, even though the job seemed insignificant. They assisted Moses by getting a stone for him to sit on when he grew weary. Then, when Moses could NO longer hold up his ARMS, THEY DID IT FOR HIM.**



- Who holds up your arms when you are weary from life?
- Who are those who have come alongside you in your worst moments?
- What was one takeaway that stuck out to you from last week's lesson?

# BATTLE SMARTER INSTEAD OF HARDER

**We find in earlier chapters where Moses' strategy for battle included weaponry. But we find in Exodus Chapter 17 that prayer is his main weapon.**

**Every battle we face is different. Oftentimes, we battle hard, even in our own strength and power.**

**We forget our GREATEST weapon is prayer.**

**"WHAT WE  
CARE ABOUT,  
WE PRAY  
ABOUT.."**



- Do you find your prayer life is a daily struggle or a daily lifeline?
- If you are really honest, when do you talk to God the most?
- Do you have any community (1-2 friends) who you know will pray with you and for you if you ask?
- Do you struggle to ask for help?
- Do you know why you struggle? (This isn't to shame you, but rather help you to know how to ask for the needed help so you don't walk through hardship alone.)

# OUR BATTLE GEAR

**EPHESIANS  
6:10-18**

**"It is our responsibility to arm ourselves so we can battle throughout our day with wisdom."**

"Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."

In Exodus, we discover battle is sometimes necessary to take new ground in our lives. But it also means we must own it. *We have to own the change we want to see.* There is no victory without battle. It is our responsibility to arm ourselves so we can battle throughout our day with wisdom. Ephesians 6 wants us to understand, "when the enemy comes, we are in fact ready to fight Him off. Our mind is protected. Our heart is protected. Our being is filled with the truth of who God is and what God says is true."

Do you know that most of the battles we fight are in our mind? To battle smart means you are filled with truth even when the enemy discourages, discredits, and tries to destroy your relationship with God and others, that you are filled with truth. Think of it as when you get dressed in the morning. Wrap the belt of truth around you so tight that a lie cannot sneak into your day. Being ready for battle isn't to fight other people, it is to fight off the enemy.



# OUR BATTLE GEAR (CONT'D)



Your feet are ready to walk as a peace carrier. Remember this as oftentimes people will hurt you and have behavior which may mimic the enemy, but there is only one enemy, people are NEVER our enemy. Knowing this is what helps us walk in peace. Don't allow the enemy to steal your peace...*hold onto it!*

When we choose to walk in peace it will be easier to spot where the enemy may use lies (flaming arrows) to throw you off track.

**Things such as:**

*You'll never change. You'll never beat that addiction.  
You're a failure. You should have been a better parent.  
You're not good enough to serve God.*

The lies we hear may differ-- but the goal from the enemy is the same. He wants to trick us into believing we will never be good enough, thus preventing us from going forward in purpose. Remember, the enemy can't create, so he often takes our past mistakes and holds them against us.

*Have you ever noticed the enemy will always use the same fears against you? Why do you think that is?*

**Spoiler alert:** It's because they work. Even though we know it may not be true, the enemy will often haunt and taunt us about our past in order to keep us in shame.

Battle is about going forward. It is about taking new ground in your life. Whether by beating an addiction, restoring a relationship, or going deeper in your walk with God. The enemy will not make it easy. Don't allow this to surprise or discourage you, but rather, it should be a shout of encouragement, that you are making progress!

**"When we choose to walk in peace it will be easier to spot where the enemy may use lies."**

# OUR BATTLE GEAR (CONT'D.)



## EPHESIANS 6:18

The Israelites often miss the point. God is promising them victory, but they still have to show up for the battle. We cannot have victory in life if we ignore, hide out, or play like things are not happening. A huge part of battling smart is showing up and asking God how to pray so we can overcome what has power over our lives. The promise of victory over areas of our life comes when we include others to battle on our behalf.

Remember what the end of Ephesians 6 said? Verse 18:

**"And pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people."**

The power of prayer in battle is for us, but also for one another. We need support and reminders, especially when we feel like there is great opposition. This is when we need back up all the more.

True transformation in our lives is always met with opposition. Yet, it is a sign that God is at work! In other words, opposition and resistance in our lives is a good sign that something better is about to take place.

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# QUESTIONS FOR DISCUSSION

**QUESTION  
1**

How difficult is it to remind yourself to wear armor each day-- and is this something you do daily?

**QUESTION  
2**

What is an area of your life where you feel change is impossible?

**QUESTION  
3**

When you face a battle do you want to hide, ignore the battle, or even pretend it is not happening?

**QUESTION  
4**

When someone disagrees with you--is it hard to have a relationship with them? And, if so, how might you approach them differently now?

**QUESTION  
5**

Do you feel-- *a little strong, kind of strong, or strongly believe* that in Church life, we must agree on everything?

**QUESTION  
6**

Does anyone in the group have a fun daily reminder to help them remember to put on the armor God's given to us? (If so, take a few minutes to share this.)

# Homework

## REFLECT THIS WEEK:

- (SEE) Reflect on how you face battles in your life. How do you respond?
- (GROW) In seeing this area about yourself, is this a place you feel God wants you to grow in? If so, how would you like to grow? For ex.- Put your armor on? Growth in how you talk to God about what you face in life? Growth in ways to engage others who may disagree with you?
- (LEARN) What are some ways you can grow from what you are learning about yourself?



**SEE  
GROW  
LEARN**

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