

Activity: Friends



**FAMILY TIME
TRAINING**

Teaching Goal: Friends provide support.

Scripture: Exodus 17:8-13 The Amalekites came and attacked the Israelites at Rephidim. 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.” 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.

Materials: 2 bricks or heavy objects

- I. Play theme song
- II. Pray
- III. Review last lesson
- IV. Lesson and discussion

✓ Words that are written in **bold** are when the leader is speaking. Feel free to use your own words.

A. Moses led the Israelites out of slavery in Egypt, through the Red Sea, and headed toward the Promised Land. On the way to the Promised Land, the Israelites were attacked by the Amalekites. Something very interesting happened during the battle. Invite a volunteer to read Exodus 17:8-13. When Moses held his arms up...the Israelite army would win against the Amalekites. But Moses' arms grew tired and when he lowered them...the Israelites would start losing the battle. His friends Aaron and Hur found a place for Moses to sit and then they held his arms up so that the Israelites won the battle.

We need good friends. Friends who provide support, encouragement, and who will help us follow God and his teachings.

B. ACTIVITY: Give each person a turn. While standing, hold a brick in each hand with your arms straight over your head. For a greater challenge, hold the bricks straight out to your sides. Use a timer or count out loud how many seconds the person is able to hold up the heavy objects. If the arms bend or any part of the brick drops below the shoulders then stop counting and the turn is over. Give each person a second turn, but this time sit on a chair and invite one friend to hold up one arm and a second friend to hold up the other arm. Time how long they can hold up the bricks. The second turn will last longer.

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Moses was able to complete the task of fighting the Amalekites because his friends Aaron and Hur helped hold up his arms. In the same way, we were able to keep our arms up longer with the support of our friends. Friends provide important support as we seek to live each day for God.

V. Memorize:

With support from my friend,
I can follow God to the end.

VI. Close in Prayer

VII. Pass It On

Make an extra copy of this lesson and *pass it on* to another family.