

**Word notes Sunday 2/5/2010 Simon Matthews**  
**Supporting one another in difficult times.**

**Summary** (read this bit out to remind cell members what was said on Sunday)

Key Text: Exodus 17: 8-13

There are two ways to fight a battle – you can stand your ground ( a theme which came out strongly in the worship) or you can press forward to take new ground. Important point to remember – God likes to win battles!

The Israelites were fighting against Amalek and Joshua was leading the army. Moses stood on the hill praying for the battle, arms held high, when his arms grew weary and failed him the battle surged to Amalek's side. When he held high his hands, Joshua was winning. Seeing his arms were tired Aaron and Hur sat him on a rock and held his hands up for him. They carried on this way holding him up until the sun went down and Joshua overwhelmed Amalek with the sword.

This is a picture of how we can support each other in the body of Christ. We will have others we support too, at work, in our families our friends. In 1 Cor 12:20-26 it states how we are all part of one body, if one suffers , we all suffer and if one rejoices, we all rejoice.

There are several ways a friend can support you

- Pray for each other
- Stand as friends
- Stick by one another through thick and thin – you may not always agree with them but you will support them
- Recognise there are others fighting the battle as well – a whole army
- Point you to the rock you are sitting on, that is Jesus.
- Defend and encourage one another
- They may need you there for the long haul

So we need to be sure who we are standing with in the long and short term. Don't be too proud to ask for help if you need it.

**Application** (this is the bit where cell members get to participate. Lead discussions around these points)

What does it mean to BE a friend?

What does it mean to you to HAVE a friend?

How have you acted as a friend to someone?

Who are the people you are befriending?

What do you need at the moment for people to stand with you?

It may be a practical need, some shopping to pick up for example, or help with children. Don't let pride stand in the way of asking for help.

Prayer:

In pairs come before the Lord and respond to his voice - be vulnerable with each other and support each other.

**Witness** (this is the bit where the cell talks and prays about how to share the Good News)

Remember to pray for Tony and Paul in Nepal - hopefully they will have permits and have gone trekking by Wednesday

Thinking of the fun day at the end of May, finalise what your cell can do to make this event work well.