

# Together We Run

## Over Obstacles (Week 3)

### LifeNotes

## TALK IT OVER

#### Main Idea

Trying to overcome obstacles alone will result in failure.

#### Key Scriptures

*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 Amalekites army with the sword. Exodus 17:8-13*

*Walk with the wise and become wise, for a companion of fools suffers harm.*  
Proverbs 13:20

*Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it: Love your neighbor as your self.*  
Matthew 22:37-39

*Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. James 5:16*

**The hero of the story is "we" not "me".**

#### Keys to overcoming obstacles:

1. Choose the right crew.
2. Commit to a greater purpose.
3. Trust your team in the trenches.

#### Start talking.

- Why are we often hesitant to lean into the help of others to overcome our personal obstacles?

#### Start thinking.

- Read Exodus 17:8-13. Why did Moses pick the men he did?
- Why did Moses take the posture of hands raised?
- How did Aaron and Hur help?
- What role did each man play?

#### Start sharing.

- Read Proverbs 13:20. Describe a time when you have been a "companion of fools" in the past.
- What have you learned about choosing your closest friends?
- Read Matthew 22:37-39. How are you and your friends living out these commandments?
- Read James 5:16. What holds us back from implanting this verse?

#### Start doing.

- Of the three keys to overcoming obstacles, which needs greater attention? How will you do that this week?
- Are you the, "right crew" for others? What can you do this week to better support your friends in their obstacles?

#### Closing prayer.

Lord I thank you for today. I thank you for your many blessings. Jesus give me wisdom as I choose my closest friends. Help us commit to your greater purpose in our lives and give us the courage to trust one another deeply in the trenches of our everyday lives.