There is no better way to learn about intercession than to pray with an experienced intercessor. We learn to pray by praying. There are so many experienced intercessors in the Bible that we can pray with, but one of my favorites is Moses. We could choose any number of stories of his prayer life with God, but let's start with the prayer example he gives us in Exodus 17.

This story is about a battle, a physical battle between two real people groups. More detail about this battle is given in Deuteronomy 25 and in I Samuel 15. The Israelites were moving out of Egypt and into the land God promised them and they were having trouble. They find themselves at Rephidim which was the only oasis within hundreds of miles. There they meet the Amalekites who were the people of that land. The Amalekites were not following well known laws of hospitality regarding water rights; it is thought that they were withholding water from the Israelites. In addition, the Amalekites were attacking Israel from behind, ambushing the stragglers and the weak who were not keeping up with the rest of the column. Moses knew that a people who made this their mode of operation could only be dealt with by force.

But the writer of Exodus does not give details about the battle that Joshua fights in this story. He turns the spotlight onto Moses, Aaron, and Hur and the work of intercession that they are doing. There is a lot to glean from this story so if I leave out your favorite part, forgive me!

**Moses stands in authority.** God has given Moses tools to use in his leadership, and his staff is one of those. This staff is a symbol of his authority given to him by God. Like Moses, we are also given authority by God. When we intercede, we lean on this authority to ask God to intervene in our circumstances.

Moses does not go to battle alone. Aaron and Hur notice that when Moses lowers his hand the battle turns against Israel. Not only do they notice, but they also do something about this. They bring a stone for Moses to sit on and prop up Moses' hands so he can continue praying. It is best for us to intercede in groups. This way we are not caught up in our own perspective but can lean on what others see.

**Moses memorializes this battle.** God tells Moses to write this down so that generations can remember what God did. It is easy for me to lose sight of what God is doing through my prayers. God's solution for this is to write it down. Keep a journal, or a running google doc, or a note on your phone, whatever you like, of all the things

God does through your intercession. Then make a habit of looking it over from time to time so that you can worship God with the things he has done fresh on your heart.

Intercession is how we fight our battles in the spiritual realm. We do this in the authority that God gives us as his children, we don't do it alone, and we remember God's faithfulness to build our own faith.

Written by Sue Mills