



## Support the Hands of Prayer

By Carrie Dameron

*But Moses' hands grew weary, so they took a stone and put it under him, and he sat on it, while Aaron and Hur held up his hands, one on one side, and the other on the other side. So, his hands were steady until the going down of the sun. And Joshua overwhelmed Amalek and his people with the sword. (Exodus 17:12-13)*

One of the first battles of the freed Israelites out of Egypt was against the Amalekites. Moses gave orders for Joshua to fight against the Amalekites and promised that he would stand on top of a hill with the staff of God in his hand. Moses with the staff signified the Lord would be with Joshua and the Israelites.

As the war raged on, Moses' hand would get tired of holding up the staff. Aaron and Hur noticed that when Moses lowered his hands, the Amalekites would prevail. So, they brought a stone for Moses to sit on and with Aaron on one side and Hur on the other side, they held Moses' hands up until the setting of the sun. The Israelites prevailed against the Amalekites.

Moses had interceded on behalf of the Israelites to God, so that they could conquer their enemies. Moses knew that the Lord was the "God of the Israelites" and the power behind their victories. He had demonstrated his strength and wisdom in the land of Egypt prior to their exodus. Moses also knew that God was faithful to protect his chosen people from their enemies.

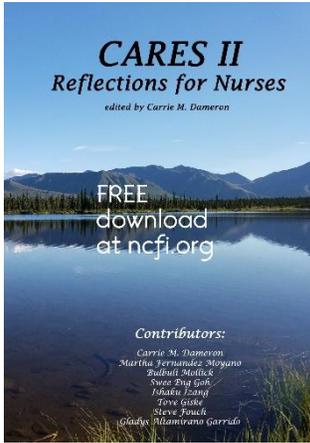
This is an excellent example of intercessory prayer. When we pray for others, we are not focused on our needs. Instead, we intercede on their behalf to God. We know God is faithful to his church and the body of believers; and we trust Him to act powerfully to ensure His will.

In 2026 there are 6 regional conferences:

- NAMFest (Europe) 18 to 19, April
- Africa Regional – 30, April to 2, May
- Caribbean and North America Regional– 10 to 14, June
- Pacific East Asia Region – 27 to 31, October
- South Asia and Middle East Regional – 19, November
- Latin America Regional – 26 to 29, November

As we pray for the many regional conferences happening in 2026, let's hold our hands up in prayer, like Aaron and Hur, supporting the many nurses and midwives praying for the conferences. Include in your petitions all the national fellowships, the planning committees, and anyone else involved in the planning.

In addition, let's hold our hands in prayer for those Christian nurses seeking fellowship and resources to help them in their workplace, home and community.



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