The Lord Is My Banner

Worship
We praise God for His love.

**POWER TEXT**

“May we shout for joy over your victory and lift up our banners in the name of our God. May the Lord grant all your requests” (Psalm 20:5).

**KEY REFERENCES**

- Exodus 17:8-16
- Patriarchs and Prophets, chap. 26, pp. 298-300
- The Bible Story (1994), vol. 2, pp. 146-150 (“Too Busy Doing Good”)
- Student story on page 82 of this guide.

**OUR BELIEFS**

- No. 11, Growing In Christ
- No. 22, Christian Behavior
- No. 12, The Church

**OBJECTIVES**

The students will:

- **Know** that their worship is a connection to the throne of God.
- **Feel** thankful for God’s victory in their lives.
- **Respond** by thanking God every day for our victories.

**The Bible Lesson at a Glance**

After the Amalekites attack the Israelites, God directs Joshua and the Israelite army to go into battle against them. Moses stands on a hill overlooking the battle, holding his arms up to God in prayer for the success of His people. When Moses grows weary and lowers his arms, the Amalekites prevail. Aaron and Hur support Moses by holding up his arms so that the Israelite army can be victorious. They prevail over their enemies by being connected to God, by depending upon Him to bring them victory.

**We worship God by giving thanks for the victories in our lives.**

This is a lesson about worship. It honors God when we depend on Him rather than on ourselves. When we are connected to God, He will win victories in our lives. By praising and honoring God for those victories we worship Him.

**Teacher Enrichment**

The Amalekites were related to the Israelites through Esau. Esau’s grandson was Amalek. They were a leading tribe in the northern part of the Sinai Peninsula. The Amalekites were not ignorant of God, but they defied Him. They mocked the reports of what Israel’s God had done to the Egyptians and bragged that they would destroy the Israelites and their God would be powerless to stop them (The Seventh-day Adventist Bible Commentary, vol. 1, p. 584, and Patriarchs and Prophets, p. 300).

“As Aaron and Hur supported the hands of Moses, they showed the people their duty to sustain him in his arduous work while he should receive the word from God to speak to them. And the act of Moses also was significant, showing that God held their destiny in His hands; while they made Him their trust, He would fight for them and subdue their enemies; but when they should let go their hold upon Him, and trust in their own power, they would be even weaker than those who had not the knowledge of God, and their foes would prevail against them” (Patriarchs and Prophets, p. 299).
**Welcome**
Welcome students at the door and direct them to their seats. Ask them how their week has been. Encourage learners to study their Sabbath School lesson regularly. You may debrief students on the previous lesson to help them see the chronological continuity of the Bible stories from one week to another. Then ask students to share a few things they have learned from the current lesson prior to Sabbath School. Ask: **What was the most interesting part of the Bible story? What activity did you find the most helpful?** Invite students to share their experiences and/or the handiworks they created for Sabbath School during the week. Transition into the Readiness activity of your choice.

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### Program notes

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B. My Banner (see p. 76) | simple obstacles, blindfolds  
art supplies, banner paper or cloth |
| Prayer and Praise | 15-20   | (see p. 77) | songbooks, world map, pushpins, offering plate/basket |
| Bible Lesson   | 15-20   | Introducing the Bible Story (see p. 78)  
Experiencing the Story (see p. 78)  
Exploring the Bible (see p. 79) | stopwatch or watch with second hand  
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| Applying the Lesson | 10-15 | Scenario (see p. 79) | stones, white glue, markers |
| Sharing the Lesson | 10-15 | Lifting Our Hands (see p. 80) | paper, pens/pencils |
| Closing        |         | Prayer (see p. 80)  
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READINESS ACTIVITIES

Select the activity or activities that are most appropriate for your situation.

A

Do as I Say

Set up an obstacle course in the classroom with any simple objects available, such as chairs, books, and containers. Have students do the obstacle course in pairs. One person in the pair is blindfolded and must walk through the obstacle course. The other person gives instructions (such as walk forward two steps, step to the left one step, etc.) to help the partner get through the course without bumping into any of the obstacles.

Debriefing

Ask: What did you find difficult about getting through the course? What was easy? How important was it to give or receive clear instructions? What happened when you didn’t understand the directions? How did it feel to get through the obstacles successfully? Let’s say together our power text, Psalm 20:5,

“May we shout for joy over your victory and lift up our banners in the name of our God. May the Lord grant all your requests” (Psalm 20:5).

Let’s remember,

We worship God by giving thanks for the victories in our lives.

Accommodations for students with special needs:
Consider involving the students who have a physical disability or poor motor skills in observing, discussion, and answering questions, if they cannot participate physically with their peers.

B

My Banner

Give your students information on banners used in battles. The banner or standard had a symbol that the soldiers could recognize. This banner helped each soldier know where to be on the battlefield. They looked for the banner that belonged to their regiment and knew by its location whether or not to go forward or retreat. Capturing the banner of a regiment in battle was considered a great trophy of war. The banner carrier was one of the most important people in the regiment.

Give each student a large piece of paper or cloth and art supplies. Tell the students that they are each to create a banner that represents who they are and how they feel about God. When the banners are finished, display them in the classroom.

(Optional) Create a Class Banner. Discuss possible words to put on a class banner. Using art supplies and a large sheet of paper, make a classroom banner. Post it in your room.

Debriefing

Have students look at each other’s banners. Ask each student to explain their symbols. Say: In today’s Bible lesson Moses builds an altar to God after an important victory and names it “The Lord is my banner.” How is God your banner?

Tell your students to take their banner home with them after Sabbath School and hang it in a special place where they can see it. Say: When you look at your banner, remember that God can help you win the victory over everything, and say a prayer of thanks for His help.

Let’s say together our power text, Psalm 20:5,

“May we shout for joy over your victory and lift up our banners in the name of our God. May the Lord grant all your requests” (Psalm 20:5).

Remember,

We worship God by giving thanks for the victories in our lives.

YOU NEED:

- □ simple obstacles
- □ blindfolds

YOU NEED:

- □ art supplies
- □ banner paper or cloth

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YOU NEED:

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READINESS ACTIVITIES

Fellowship
Allow students to report things that they are pleased or troubled about. Acknowledge any birthdays, special events, or achievements. Give a special, warm greeting to all visitors. Get contact information from the adult who brought them to church. Early in the following week, send a postcard or e-mail letting the visitors know how much you enjoyed having them in your class and that you would like to see them again.

Suggested Songs
“His Banner Over Me Is Love” (He Is Our Song, no. 86)
“Give Praise to Jesus” (He Is Our Song, no. 48)
“Majesty” (He Is Our Song, no. 67)
“Think About His Love” (He Is Our Song, no. 40)

Mission
Use Adventist Mission for Youth and Adults (go to www.juniorpowerpoints.org and click on MISSION) or another mission report available to you. For the mission story, have a map of the world where the students can identify the location of the mission story and compare it to where they are. You could use pushpins to mark where the mission story takes place.

Offering
Say: Giving offerings for the support of God’s work around the world is one way that we can honor God.

Prayer
Before prayer, ask your students to share any praise they have today. Ask if they have won any special victories during the week. Then ask for prayer requests. Begin the prayer time with your praise to God. Allow any who want to pray to say a short prayer. Remember to pray for the students’ prayer requests, for the birthday and other special event celebrants, as well as for the visitors. Close your prayer time with your thanks to God for hearing and answering your prayers.
LEsson 7

BIBLE LESSON

Introducing the Bible Story
Say: I would like each of you to take a songbook (or similar object) in each hand and stretch your arms over your head. Now keep your arms stretched out above your head as I time you.

Talk to them about other things, what is happening in their lives, or plans for an upcoming event. When the first person puts down their arms, or after two minutes, ask: How did it feel having to keep your arms up? How do you think it would feel to keep them up for hours at a time? In our lesson today Moses did just that.

Experiencing the Story
Choose students to portray Moses, Aaron, and Hur. Divide the remaining students into two groups on opposite sides of the room to represent the Israelites and Amalekites. Then have the students act out the story as you are reading aloud Exodus 17:8-16. However, instead of pretending to fight, when you read that Moses’ hands are down and the Amalekites are winning, the “Amalekites” should call out, “We fight in our own strength.” When you read that Moses’ hands are up, the “Israelites” should call out, “We fight in the strength of the Lord.”

Debriefing
Discuss the importance of depending upon God instead of depending upon ourselves. Remind the students that

We worship God by giving thanks for the victories in our lives.
APPLYING THE LESSON

Exploring the Bible

Ask the students to open their Bibles to Exodus 17. Ask the following questions:

1. **What question did the Israelites ask Moses?** (Exodus 17:7. Is the Lord among us or not?)
   - Why do you think they asked this question after God had done so much for them?
   - What detail of this lesson proves that God was with them?

2. **What did God tell Moses to do?** (Exodus 17:14. Write what had happened that day on a scroll; make sure Joshua heard that the Amalekites would be destroyed.)
   - Why do you think God wanted the people to remember the events of this day?
   - What reason might God have had for mentioning Joshua here?

3. **Where did Moses say his hands reached?** (Exodus 17:16. The throne of God.)
   - What did Moses’ hands reaching to God show about him?
   - How do you think Joshua and the other men fighting felt when they looked at Moses with his hands lifted toward God?

4. **How can we stay connected to God every day?** (Through prayer.)

**Scenario**

Read the following scenario to students:

Cintia’s family have just become Adventists. They have decided to keep the Sabbath. Cintia’s father works on the Sabbath, and today he was going to ask his boss if he could finish early on Friday and have Sabbaths off. Cintia’s father has just come home from work. He gathers the family around him and says, “When I talked to my boss, he wouldn’t listen. He fired me. I have lost my job.” Cintia’s mother begins to cry. Cintia looks at her younger brother. She wonders what all this means. How will they have enough food to eat? Will they end up living on the streets? Cintia feels very frightened.

Remember our lesson. What would you tell Cintia?

**Debriefing**

Ask:

- How can we know that God is with us? How does it help to remember the ways that God has led us in the past? How can we keep our connection to God open every day?

**Alternative**

Provide each student with a number of stones, white glue, and markers. Ask each to record a victory on each stone and then construct an altar to the Lord, as Moses did.

**Debriefing**

Ask:

- How is this altar like the one Moses built? What will this remind you of each time you look at it? How can we worship God with gratitude each day?

YOU NEED:

- Bibles

YOU NEED:

- Stones
- White glue
- Markers

Accommodations for students with special needs:

Make available a handout with the list of Bible references and questions from this activity in case there are students with visual impairments in your Sabbath School class.
Lifting Our Hands
Invite students to share if they had the opportunity to tell someone during the week about times when God has won victories in their lives.

Give each student a sheet of paper and a pencil. Have the students trace their hand on the paper. Tell them to write their name on the thumb. Then write the following on the fingers: one word that describes a current “battle” or need in their life; the name of a person who would support or help them; the word “remember”; a one-word praise to God.

Debriefing
Encourage each student to share their work with a partner. Ask them to think of someone who needs to know that God can help them to be victorious. Help them decide on the means they will use to communicate with that person the promise that God can win victories for them if they entrust their lives to His care.

Alternative
Instead of paper, give each student a stone. On one side they can record with marker a current “battle” or need in their life. On the other side they can write the promise that God wins the victory.

We worship God by giving thanks for the victories in our lives.

Closing
Have students find Psalm 105:1-4. Read it together as a benediction.

Prayer and comments:
Pray that God will reveal His love to each of your students, and that they will share that love by loving their neighbor-in-need.

Reminder to parents:
Say: Check out the student Bible study guide to find Parents’ Pages for your use in family worship, or however you wish to use them to spiritually guide your children. You may listen to the podcast of the lesson online at www.juniorpowerpoints.org/podcast.php?channel=1.

Coming up next week:
Say: God gives plans for the building of the sanctuary. God meets with us at church.
When was the last time anyone tried to pick on you for no reason? Have you ever seen a bully picking on someone just because they were weaker? When has anyone made fun of you because you love and serve God?

The Israelites were still camped at Rephidim. Throughout their journey in the desert they had witnessed a series of miracles—signs of God’s protection and care for them. God had parted the sea for them. The quail had settled in their camp to provide them with supper. The manna had started appearing every morning—double on Friday. God had provided water from a rock. Still they asked, “Is the Lord among us or not?” (Exodus 17:7).

Their latest challenge was an attack by their fierce desert cousins, the Amalekites. These warlike descendants of Esau enjoyed raiding and killing anyone who wandered near them. One morning Moses summoned Joshua, one of the young Israelite generals: “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” (verse 9).

Joshua left, trustingly, and went to collect the men he would take with him to fight the Amalekites the next day.

As the sun began to brighten the desert, Joshua and his men were ready for the expected Amalekite raid. Joshua looked up at the hill that overlooked the valley where they waited. He could see Moses; Moses’ brother, Aaron; and Hur reaching the top of the hill. He watched as Moses lifted his arms in prayer to God. Joshua smiled confidently. With Moses on the hilltop, he felt that he was connected with God and that he and his men would be victorious. The fighting began.

From time to time Joshua would glance toward the hilltop where Moses stood. The fighting went on steadily. Joshua’s Israelite forces seemed to be making steady progress in driving the Amalekites back. After a while, however, Moses seemed to be getting tired. Joshua couldn’t help noticing that every time Moses lowered his arms to rest, the Amalekites would push the Israelites back toward their camp. It seemed as if they were getting the upper hand again.

Moses could see the ebb and flow of the battle below. He pointed out to Aaron that when he lowered his arms to rest them, the Amalekites would begin to push the Israelites back toward their camp. It seemed as if they were getting the upper hand again.

Moses could see the ebb and flow of the battle below. He pointed out to Aaron that when he lowered his arms to rest them, the Amalekites began to win the battle.

Aaron and Hur quickly saw what Moses was talking about. Aaron immediately formulated a plan. He spotted a boulder. Aaron and Hur pushed it over for Moses to sit on. Then they each held up one of Moses’ arms. The two men took a place on either side of the leader, supporting his arms in supplication and honor to God.

Sure enough, the battle started to go in favor of the Israelites. Joshua’s men regained their advantage in pushing back the Amalekites. The three leaders on the hill remained in that position until the desert darkness approached. By that time Joshua had completely defeated the Amalekites, as God had commanded.

That night there was much rejoicing in the camp. As Moses had stood with his arms raised in worship, the people had seen that the Lord truly was a banner over them. Sometimes they tended to take His daily cloud presence and His daily manna supply for granted.

God told Moses, His faithful servant, “Write this on a scroll as something to be remembered and make sure that Joshua hears it, because I will completely blot out the name of Amalek from under heaven” (verse 14). Moses began to write. Suddenly his arms were not so weary. After he read the words to Joshua, he put the scroll away with the jar of manna. These things would always be nearby to remind the people, who forgot so easily, what God had done for them.

That night also, Moses built an altar and called it “The Lord is my Banner” (verse 15). All the camp worshipped God together. Once again He had defeated their enemies and taken care of them. As long as they stayed in worshipful connection with Him, as Moses had stayed all day with his arms raised, God would defeat whatever danger or enemy was threatening to defeat them. Humbly each family thanked God for the victory.
**KEY REFERENCES**
- Exodus 17:8-16
- Patriarchs and Prophets, chap. 26, pp. 298-300
- The Bible Story (1994), vol. 2, pp. 146-150 (“Too Busy Doing Good”)
- Our Beliefs nos. 11, 22, 12

**POWER TEXT**
“May we shout for joy over your victory and lift up our banners in the name of our God. May the Lord grant all your requests” (Psalm 20:5).

**POWER POINT**
We worship God by giving thanks for the victories in our lives.

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**Sabbath**
- **DO** Do the activity on page 60.
- **LEARN** Begin learning the power text.

**Sunday**
- **READ** Read Exodus 17:7 and this week’s story, “The Lord Is My Banner.”
- **CHOOSE** Choose a quiet place in your room or home where you can come to God for prayer and Bible study.
- **REVIEW** Review the power text.
- **PRAY** Ask God to show you clearly that He is in your life. Then watch for the evidence of it throughout the week.

**Monday**
- **READ** Read Exodus 17:8, 9.
- **THINK** How could a difficulty, such as the Amalekite attack, help to strengthen the Israelites’ faith?
- **WRITE** In your Bible study journal, write ways God has proved to you that He can give you the victory.
- **REVIEW** Review the power text.
- **PRAY** Ask God to help you trust Him when bad things happen.

**Tuesday**
- **READ** Read Exodus 17:10, 11.
- **NOTICE** When Moses’ hands were lifted toward heaven, the Israelites won.
- **DISCOVER** Read Psalm 63:4, Lamentations 3:41, and 1 Timothy 2:8. What did lifting one’s hands symbolize in Bible times?
- **CONNECT** Remember that no person or thing can defeat you as long as you are connected to God.
- **REVIEW** Review the power text.
- **PRAY** Ask God to help you stay connected to Him this week.

**Wednesday**
- **READ** Read Exodus 17:12, 13.
- **THINK** Who are the people in your life who support you? Think of a way to thank these people.
- **LIST** In your Bible study journal, list three ways that you can be supportive of someone else.
- **REVIEW** Review the power text.
- **PRAY** Ask God to show you ways you can support others of His children today.

**Thursday**
- **READ** Read Exodus 17:14-16.
- **SING** Sing a victory song or create a victory poem to celebrate a time God gave you the victory.
- **WRITE** Record your victory just as God told Moses to record the Israelites’ victory. Put it where it will remind you that you are a winner when you stay connected to God.
- **REVIEW** Review the power text.
- **PRAY** Pray for strength and courage to stand up for the right and to fight on God’s side.

**Friday**
- **READ** Read 1 Samuel 15:2, 3.
- **THINK** What was God’s command to Saul concerning the Amalekites? How does this show that God’s words about future events can be trusted to be fulfilled in His time?
- **PLAN** Plan a praise worship for your family tonight. Sing praise songs and read Psalm 95 together. Thank God for the rest of His Sabbath.
- **SAY** Share the power text with your family.
- **PRAY** Quietly sing or hum a praise song with your eyes closed. Think of the words of the song. Pray a simple prayer, praising God for His love for your family.