



Dear Church Family and Friends,

I end up doing many hospital visits and often the patient is an older person who, among other medical issues, has become dehydrated. When we don't drink enough water, the symptoms may be that we feel dizzy, light-headed and have a dry mouth. Doctors will tell you that if you are thirsty, you are in the beginning stages of dehydration. Doctors will also tell you that drinking water throughout the day can make a significant difference in that and your overall general health.

Sadly, our prayer life is often like our water drinking habits. We drink when we are thirsty and equally pray only when we feel there is a need. Prayer tends to be our last resort and only when we have an emergency. As Christians we need to know that prayer is where the battle is won.

A favorite Old Testament story is found in Exodus 17. The Israelites are in a fierce battle with the Amalekites. Moses sends Joshua to lead the charge against the Amalekites but the battle is being lost. Moses and several others climb a nearby hill to seek God in prayer. As long as Moses' hands are skyward the Israelites are decidedly winning the battle; however, when his arms drop the Amalekites regain their advantage. Moses' arms grew weary and so Aaron and Hur propped him up and held his arms heavenward until the battle was won. The battle always belongs to God.

Like Moses, when we become tired, the world becomes overwhelming and sin and temptation can enter. The answer becomes lifting our arms to Jesus in prayer.

So, in this month that recognizes a day of Thanksgiving, can we get up every morning prepared to climb the hill and raise our prayerful arms to God; praising Him for all He has done and is doing for us?

Ephesians 6:18 *"And pray in the Spirit on all occasions with all kinds of prayers and requests..."*

Let's hydrate ourselves all day long; not just once and done. Let's pray all day long; not just once and done. We have so much to be thankful for, and not only in the month of November.

Praying for your thanksgiving to be filled with 'thanks' for a selfless God who loves us, and tells us to pray in the Spirit on all occasions.

Thankful for all my blessings,

*Pastor Brian*