

So, Moses lifting up his hands in prayer, stretching forth his rod, is exercising the power in the spiritual realm over the demonic forces which are behind Amalek.

And in this, as this battle has to do with God and the devil, so we see that it is making a difference on the physical realm. What is taking place in the spiritual realm is affecting what happens in the physical realm. And significantly of course, on the one who's actually fighting the battle. So, you have to have both coming together. You don't just have the prayer, but you also have the person who's going out into action to fight the battle, who is Joshua, which speaks to us of Jesus who is the Messiah who came to the earth to fight the battle with Satan and to overcome him and deliver us from the powers of darkness.

So, we have Moses lifting up his hands on the top of the hill and, in the text, we can see that if he's on the top of the hill, he can see the battle going on, and he can also be looking at what's happening on the earth and communicating with God in heaven, and bringing them together so that they can have the victory here on the earth. He's helped by Aaron his brother and Hur. According to Jewish sources, Hur is most likely the husband of Miriam, his sister.

And Moses is supported in the battle behind the scenes in prayer. And we see in the text that, as he holds up his hands, in the Israelite posture of prayer, the fate of Israel is dependent upon Moses' intercession. And as he prays, Israel prevails. As his hands come down, then, Amalek prevails.

So, there is kind of a connection between what's happening in the spiritual realm and what happens in the physical realm on the earth.

And in a sense, life and death, and victory depend upon Moses' prayer as Moses lifts up his hands.

that they may believe that the Lord God of their fathers, the God of Abraham, the God of Isaac, and the God of Jacob, has appeared to you. Exodus 4.5

Isaiah 31:3

Now the Egyptians are men, and not God;
And their horses are flesh, and not spirit.

When the Lord stretches out His hand,
Both he who helps will fall,
And he who is helped will fall down;
They all will perish together.

Matthew 26:41

Watch and pray, lest you enter into temptation.
The spirit indeed is willing, but the flesh is weak.

Romans 8:1

There is therefore now no condemnation to those who
are in Christ Jesus, who do not walk according to the flesh,
but according to the Spirit.

Hebrews 4:12

For the word of God is living and powerful, and sharper than any two-edged sword, piercing even to the division of soul and spirit, and of joints and marrow, and is a discerner of the thoughts and intents of the heart.

It is sharper than any two-edged sword; it cuts both ways; it is the sword of the Spirit, Eph. 6:17. It is the two-edged sword that cometh out of the mouth of Christ, Rev. 1:16... for it will enter where no other sword can, and make a more critical dissection: it pierces to the dividing asunder of the soul and the spirit, the soul and its habitual prevailing temper; it makes a soul that has been a long time of a proud spirit to be humble, of a perverse spirit to be meek and obedient. Those sinful habits that have become as it were natural to the soul, and rooted deeply in it, and become in a manner one with it, are separated and cut off by this sword. It cuts off ignorance from the understanding, rebellion from the will, and enmity from the mind, which, when carnal, is enmity itself against God. This sword divides between..., the most secret, close, and intimate parts of the body; this sword can cut off the lusts of the flesh as well as the lusts of the mind, and make men willing to undergo the sharpest operation for the mortifying of sin. It is a discerner of the thoughts and intents of the heart, even the most secret and remote thoughts and designs. It will discover to men the variety of their thoughts and purposes, the vileness of them, the bad principles they are actuated by, the sinister and sinful ends they act to. The word will turn the inside of a sinner out, and let him see all that is in his heart. Now such a word as this must needs be a great help to our faith and obedience. **Matthew Henry's Commentary**

Ezekiel 11:19

Then I will give them one heart, and I will put a new spirit within them, and take the stony heart out of their flesh, and give them a heart of flesh,

Ezekiel 36:26

I will give you a new heart and put a new spirit within you; I will take the heart of stone out of your flesh and give you a heart of flesh.

Joel 2:28

And it shall come to pass afterward That I will pour out My Spirit on all flesh; Your sons and your daughters shall prophesy, Your old men shall dream dreams, Your young men shall see visions.

Luke 24:39

Handle Me and see, for a spirit does not have flesh and bones as you see I have.

John 3:6

That which is born of the flesh is flesh, and that which is born of the Spirit is spirit.

Romans 8:13

For if you live according to the flesh you will die; but if by the Spirit you put to death the deeds of the body, you will live.

1 John 4:2

By this you know the Spirit of God: Every spirit that confesses that Jesus Christ has come in the flesh is of God,