

## Pray Like Moses (2)

When You Don't Know What to Do – Crying Out in Crisis

Texts: Exodus 17:1–7; Numbers 11:10–15

**Introduction:** Moses faced impossible pressure: two million thirsty people at Rephidim, and later the crushing burden of leadership in the wilderness. In both moments, he cried out to God—honest, desperate prayer.

**Lesson:** When you don't know what to do, pray first, pray honest. God meets us with guidance and grace.

### I. Rephidim: Pray first when pressure mounts (Exodus 17:1–7)

**A. Israel camped at Rephidim** - with no water; people quarreled and threatened Moses (vv. 1–4).

**B. Moses cried out to the Lord:** “What shall I do with this people?” (v. 4).

1. God told him to strike the rock, and water flowed (vv. 5–6).
2. Place named Massah (“testing”) and Meribah (“quarreling”)—reminder of God's faithfulness and Israel's unbelief (v. 7).

### C. See key observations:

- God sometimes leads us to hard places on purpose (John 16:33; James 1:2–5).
- Before reacting, pray first (Philippians 4:6–7; Psalm 50:15).
- God still brings “water from unlikely places” (Psalm 78:15–16).

**Charles Stanley once said,** “*Fight all your battles on your knees, and you win every time.*”

### II. Paran: Pray honest when the burden crushes you (Numbers 11:10–15)

*Sometimes our burden isn't just one moment—it's an ongoing weight that wears us down.*

**A. The weight of leadership** – The people complain again; Moses feels crushed (vv. 10–14).

**B. The raw honesty of Moses** - His prayer: “*I am not able to bear all these people alone... If this is how it is going to be please kill me here and now*” (vv. 14–15).

**Warren Wiersbe wrote,** “*God would rather hear a sincere groan than a polished prayer.*” Moses groaned honestly before God, and God listened.

**C. God responds with mercy,** providing seventy elders to share the load (vv. 16–17).

### D. What this teaches us -

- God invites honest prayer (Psalm 62:8; 1 Peter 5:7).
- Biblical lament is faith under pressure—bringing pain to God, not away from Him (Psalm 13).
- God shares the load: He gives His Spirit and people to help (Galatians 6:2; Acts 6:2–4).

### III. Practicing Moses-style prayer today:

**1. Make prayer your reflex** – immediate, honest, expectant (2 Chron 20:12; Isa 40:31).

**Max Lucado tells of a father** who always welcomed his daughter's cries, no matter how messy, because her cry meant she trusted him to help. *Our cries move God's heart the same way.*

Let me suggest you create a three-sentence crisis prayer you can pray anywhere:

- “**Lord, I don't know what to do.**” (2 Chron 20:12)
- “**Show me the next step.**” (Ps 25:4–5)
- “**Strengthen me to obey.**” (Isa 40:31; Phil 2:13)

**2. Trade complaint for lament** – address, complain, ask, trust (Psalm 13).

**3. Share the load God's way** – ask Spirit-filled people to help (Num 11:16–17).

**4. Remember the Rock** – Christ was struck for us (1 Cor 10:4; John 7:37–39).

### Conclusion

- At the rock, God turned panic into provision.

- Under the burden, God turned despair into shared strength.

- When overwhelmed, do what Moses did: cry out to the Lord.

Next Step: Pray first, pray honest, share the load, and trust Christ the Rock.