

## **Freedom Reset Small Group Guide**

**Warm-up Question:** (Choose one, make up your own, or skip this part altogether, depending upon the nature of your group.)

1. Describe a time in your life when you wanted to start over.
2. What are some things you can do that help you relax?

**Read the following passages:** Exodus 1:8-22; 3:1-10.

God began a great work of redemption through Abraham, Isaac, and Jacob. But shortly after the book of Exodus begins, things go sideways very quickly. A new king comes to power in Egypt and it's not long before the Israelites find themselves oppressed and enslaved. Although God is still at work in their lives, the Israelites desperately need a reset. Most of us can relate. Life rarely goes in a straight line. We have starts and stops, progress and setbacks. Moses's story reminds us of some of the ways we get stuck in our own prisons, and how we can find freedom again. We need a fresh experience of God's presence, God's character, God's power, and God's word.

**Questions for Discussion** (Choose several that are relevant for your group):

1. Reflecting on your own life, can you identify areas where you have felt overpowered by sin or unhealthy habits? How can you work with God to experience freedom? How might God use you to help others experience freedom?
2. God promised Moses, "I will be with you." Generally speaking, do you regularly have a sense that God is with you throughout your day? Explain. How does an awareness of God's presence help us? What can we do to have a greater awareness of God's presence?
3. Moses was afraid that the Israelites would ask a question about God's name. Why were names significant in the ancient world? What aspects of God's character have been most significant to you? What are some ways that God's identity impacts our confidence and identity?
4. Read Galatians 2:20. How did Paul experience transformation?
5. God gave Moses several signs to demonstrate his power. Can you think of any instances when you saw the power of God at work? Do you have any people or resources you can turn to to be reminded of the power of God? Explain.
6. Read 2 Corinthians 12:8-10. In Paul's experience, the word of God not only helped him accept reality but also led him to boast willingly about his weaknesses. How do the word of God and the grace of God help us accept ourselves, accept other people, and embrace the calling God has for our lives?

**Pray**