

The Gospel Project for Adults Winter 2015-16  
Extended Instructional Approaches for Session 1

**Introduction: *Engage the group by examining a word.***

As your group enters hand them a boarding pass that says “Departing Egypt. The journey begins now.”

Tell the group the word *exodus* means “a going out” or “departure.” Ask the question, “Why is it so hard to depart from places we know we don’t want to stay? Are we clinging to an ‘Egypt’ in our past?”

**Part 1: *Help the group to connect to the major theme.***

The thought that God responds by listening to the prayers of the oppressed should be freeing to the believer. In order to help group members grasp the love of Christ, place a poster board on the focal wall and write at the top “My help has come.” Then at the bottom of the poster write “God is high and holy, yet hears the prayers of the meek and lowly” (Isa. 57:15).

Have your group respond to the poster by asking them to share one way that God has demonstrated that He heard their prayers and responded to their needs. As each individual shares, have a volunteer write the responses on the poster.

**Part 2: *Help the group understand the character of God.***

Prior to meeting, listen to John Piper’s message “I Am Who I Am” from the sermon series Hallowed be Thy Name: <http://www.desiringgod.org/messages/i-am-who-i-am>

In the message, Piper points out seven implications of the divine name, I AM WHO I AM. These seven implications lead us to understand the character of God based on His description of Himself in Exodus 3:11-15. God’s description of Himself to Moses is real and personal. Make God real and personal by asking the group: How does God show you in your daily life that He is Yahweh?

1. God Exists

2. No Reality Exists Behind God
3. God Does Not Change
4. God Is an Inexhaustible Source of Energy
5. Objectivity Is Crucial
6. We Must Conform to God, Not He to Us
7. This God Has Drawn Near to Us in Jesus Christ

***Part 3: Help group to connect to the lesson and respond to God's redemption.***

Say the following to your group: "The Israelites were not only enslaved physically, but they were enslaved spiritually too." Explain that we were also enslaved spiritually by our sin prior to coming to faith in Christ (see Col. 1:13-14). Like the Israelites, we needed to be freed in order to worship the one true God.

Challenge the group to give thanks to God for freeing them through Christ and to ask for strength and discernment to repent from and overcome any idols or behaviors to which they might act enslaved. Consider playing a fitting worship song or hymn during this time, such as Todd Agnew's "Grace Like Rain":

<https://www.youtube.com/watch?v=zcGJb-mPMmg>

As the song plays or as your group silently reflects, ask them to take some time to pray and write down ways they think they are enslaved spiritually on an index card.

After allotting several minutes for the song to play or for the group members to reflect, lead the group in praying about what was written on the index cards. Be careful not to disclose any sensitive information from the cards that would not be appropriate for the entire group to hear. Remind the group that God hears our prayers and responds with redemption. Encourage the group with Romans 6:15-23, showing them that they if they are in Christ, they have the ability to fight against enslavement to sin by the power of the Holy Spirit.