



# HEALTHY HABITS @HOME

## The Week of Sep. 15 - Focus Bible Passages: Exodus 3, 14, 19-20

### A Car ride discussion:

**What's one thing from church this Sunday about God that we can delight in?**

**From our time together on Sunday, what's one way we can live differently this week?**

**Who is one person we saw or missed at church who we could connect with this week?**



### A Prayer to Pray:

**Father, thank you for the astounding story of delivering your people from Egypt! Thank you that in Christ, you accomplished an even greater salvation delivering us from the death and power of our sin. May your grace lead us to repentance, and may you teach us to follow you in obedience.**



### A Family Devotion Starter

Has there ever been a time when you needed someone else to rescue you from some kind of trouble you were in? Or when you needed someone else to pay a debt you owed?

Who rescued you? What qualified them to help you? What does their rescuing say about their character?

Summarize Exodus 1-2 for context.

Read Exodus 3:1-12.

- How does God identify himself here?
- What does he promise to do?
- When in Genesis did we heard promises similar to these?
- What's Moses's objection to God's plan? And what's God's rebuttal?

Read Exodus 3:13-17

- What's Moses's next question about God's plan? And what's God's reply?

- What does God's name tell us about who he is?

If you need to, read up on God's divine name "I AM."

- Why is this name significant? What does it tell us about God's character and attributes?

- How should we related to the great I AM?
  - What comforts do we take from knowing this about God?
- Summarize Exodus 2-13, especially ch. 12.  
Read Exodus 14:10-14, 18, 21-25, 30-31.
- Re-tell this scene in your own words. What did God do for His people? What was his reason for doing it (vs. 18)?
  - How did the people initially respond to the Egyptians chasing after them (vs. 10-12)?
  - How had their response changed by the end of the chapter (vs. 30-31)?
  - What do we need to be saved from? God does God deliver us?
  - When do we respond like the Israelites initially did to the chasing army?
  - What can we learn from how the Israelites respond in the end?
- Read Exodus 19:1-6 and Exodus 20:1-3
- Notice how God saved his people and then called them to obedience.
  - What would be different if God had reversed that order, requiring obedience before he was willing to deliver his people? How would God be different? How would our relationship with him be different?
  - How does God's grace motivate our obedience?