

# Journey to Freedom

## Session 3 - Rescue

If you are following this course alone as opposed to part of a Lent Group, please ignore the sections in red.

### **Gathering (10 minutes)**

*Welcome members of the group and ensure they all know each other.*

*You may like to give each group member a short time to say how they are and name any stresses or distractions that are on their hearts.*

### **Prayer (5 minutes)**

*More confident leaders may wish to pray by name for every member of the group.*

*Pray this collect:*

Lord God our redeemer,  
who heard the cry of your people  
and sent your servant Moses to lead them out of slavery,  
free us from the tyranny of sin and death  
and, by the leading of your Spirit,  
bring us to our promised land.  
Through Jesus Christ our Lord. Amen.

### **Introduction (2 minutes)**

*Feel free to use your own words.*

### **Scripture (10-15 minutes)**

Exodus 14, 5 - 15, 1

*This is a long passage, but it is important to hear it all. You may like to choose more than one reader. Or find readers who can make the story come alive and read with some fire in their bellies!*

*After the reading, leave a period of silence.*

*Invite people to name a word or a phrase that spoke especially clearly to them.*

### **Talk (15-20 minutes)**

*Show this week's video.*

*If you can't make it work, don't panic! The text is on the website and the app. Just read it out.*

### **Discussion (30 minutes)**

*Either in the group or alone, reflect on these questions. **Keep the discussion moving so that there is enough time for all of the questions.***

*NB These questions are based on the five ways we can be rescuers outlined in the talk.*

- Try and express in your own words how Jesus has rescued you. How confident do you feel in understanding the difference that his cross has made to your life?
- Take time **as a group** to write down the names of five people you would love to know about the rescue Jesus offers us.
- Can you think of two or three ways you can live a more joyful or generous life in order to point people to the joy of the Gospel?
- Can you think of one person you might invite to church or to a church-based event? You may like to share their name and what you are going to invite them to.
- Tell your story of meeting Jesus Christ and the difference that he has made to your life.

### **Application (5 minutes)**

*Invite participants to reflect on this last question in silence:*

- What difference might this session make to your daily life?

### **Prayer (10 minutes)**

*Conclude by leading a simple service of Compline as below.*

*If you are leading a group that is meeting during the day, you may wish to use Prayer During the day which is [here](#).*

*(If you prefer to use traditional language, the order from the 1928 Book of Common Prayer can be found [here](#).)*

### **Preparation**

The Lord almighty grant us a quiet night and a perfect end.  
**Amen.**

Our help is in the name of the Lord  
**who made heaven and earth.**

*A period of silence for reflection on the past day may follow.  
The following or other suitable words of penitence may be used*

**Most merciful God,  
we confess to you,  
before the whole company of heaven and one another,  
that we have sinned in thought, word and deed  
and in what we have failed to do.**

**Forgive us our sins,  
heal us by your Spirit  
and raise us to new life in Christ. Amen.**

O God, make speed to save us.  
**O Lord, make haste to help us.**

**Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.**

*The following or another suitable hymn may be said or sung*

Before the ending of the day,  
Creator of the world, we pray  
That you, with steadfast love, would keep  
Your watch around us while we sleep.

From evil dreams defend our sight,  
From fears and terrors of the night;  
Tread underfoot our deadly foe  
That we no sinful thought may know.

O Father, that we ask be done  
Through Jesus Christ, your only Son;  
And Holy Spirit, by whose breath  
Our souls are raised to life from death.

## **The Word of God**

### ***Psalmody***

*One of the following psalms may be used.*

#### ***Psalm 4***

1 Answer me when I call, O God of my righteousness;  
you set me at liberty when I was in trouble;  
have mercy on me and hear my prayer.

2 How long will you nobles dishonour my glory;  
how long will you love vain things and seek after falsehood?

3 But know that the Lord has shown me his marvellous kindness;  
when I call upon the Lord, he will hear me.

4 Stand in awe, and sin not;  
commune with your own heart upon your bed, and be still.

5 Offer the sacrifices of righteousness

and put your trust in the Lord.

6 There are many that say, 'Who will show us any good?'  
Lord, lift up the light of your countenance upon us.

7 You have put gladness in my heart,  
more than when their corn and wine and oil increase.

8 In peace I will lie down and sleep,  
for it is you Lord, only, who make me dwell in safety.

*Psalm 91 verses 1-7*

1 Whoever dwells in the shelter of the Most High  
and abides under the shadow of the Almighty,

2 Shall say to the Lord, 'My refuge and my stronghold,  
my God, in whom I put my trust.'

3 For he shall deliver you from the snare of the fowler  
and from the deadly pestilence.

4 He shall cover you with his wings  
and you shall be safe under his feathers;  
his faithfulness shall be your shield and buckler.

5 You shall not be afraid of any terror by night,  
nor of the arrow that flies by day;

6 Of the pestilence that stalks in darkness,  
nor of the sickness that destroys at noonday.

7 Though a thousand fall at your side  
and ten thousand at your right hand,  
yet it shall not come near you.

*Psalm 134*

1 Come, bless the Lord, all you servants of the Lord, ♦  
you that by night stand in the house of the Lord.

2 Lift up your hands towards the sanctuary ♦  
and bless the Lord.

3 The Lord who made heaven and earth ♦  
give you blessing out of Zion.

*At the end of the psalmody, the following is said or sung*

**Glory to the Father and to the Son  
and to the Holy Spirit;**

as it was in the beginning is now  
and shall be for ever. Amen.

### **Scripture Reading**

Thus the Lord saved Israel that day from the Egyptians; and Israel saw the Egyptians dead on the seashore. Israel saw the great work that the Lord did against the Egyptians. So the people feared the Lord and believed in the Lord and in his servant Moses.

Then Moses and the Israelites sang this song to the Lord:

'I will sing to the Lord, for he has triumphed gloriously;  
horse and rider he has thrown into the sea.

The Lord is my strength and my might,  
and he has become my salvation;

this is my God, and I will praise him,  
my father's God, and I will exalt him.

*Exodus 14,30-15,1*

### **Silence is kept**

### **Responsory**

Into your hands, O Lord, I commend my spirit.  
**Into your hands, O Lord, I commend my spirit.**

For you have redeemed me, Lord God of truth.  
**I commend my spirit.**

Glory to the Father and to the Son  
and to the Holy Spirit.  
**Into your hands, O Lord, I commend my spirit.**

Keep me as the apple of your eye.  
**Hide me under the shadow of your wings.**

### **The Gospel Cantic**

### ***The Nunc dimittis (The Song of Simeon) is said***

**All Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ  
and asleep may rest in peace.**

1 Now, Lord, you let your servant go in peace:  
your word has been fulfilled.

2 My own eyes have seen the salvation  
which you have prepared in the sight of every people;

3 A light to reveal you to the nations  
and the glory of your people Israel.

**All** Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever. Amen.

**All** Save us, O Lord, while waking,  
and guard us while sleeping,  
that awake we may watch with Christ  
and asleep may rest in peace.

## The Prayers

*Intercessions and thanksgivings may be offered here.*

### *The Collect*

Visit this place, O Lord, we pray,  
and drive far from it the snares of the enemy;  
may your holy angels dwell with us and guard us in peace,  
and may your blessing be always upon us;  
through Jesus Christ our Lord.  
**Amen.**

*The Lord's Prayer ([here](#)) may be said.*

## The Conclusion

In peace we will lie down and sleep;  
**for you alone, Lord, make us dwell in safety.**

Abide with us, Lord Jesus,  
**for the night is at hand and the day is now past.**

As the night watch looks for the morning,  
**so do we look for you, O Christ.**

The Lord bless us and watch over us;  
the Lord make his face shine upon us and be gracious to us;  
the Lord look kindly on us and give us peace.  
**Amen.**