

MANO 

[GIDEON : SESSION 1 : CRY OUT]

I AM A MAN.

**God has called me, gifted me,
empowered me, and positioned
me to lead myself, my family,
& my community.**

TODAY I CHOOSE TO . . .

- Cry Out**
- Destroy the Lie**
- Believe the Truth**
- Fight like Hell**
- Finish Strong**

CRY OUT.

Judges

^{5:31} There was peace in the land for forty years. ^{6:1} **then** the Israelites did evil in the LORD's sight. So the LORD handed them over to the Midianites for seven years.

TRUTH : We CHASE things that control us and IGNORE the God who loves us.

^{6:2} The Midianites were so cruel that the Israelites made hiding places for themselves in the mountains, caves, and strongholds. ⁴ They left the Israelites with nothing to eat, taking all the sheep, goats, cattle, and donkeys.

⁵ They stayed until the land was stripped bare.

⁶ So Israel was reduced to starvation by the Midianites.

Then the Israelites CRIED OUT to the LORD for help.

Open your MOUTH.

Q : Have you ever CRIED OUT to God?

TRUTH : When you're at your LOWEST - God is the CLOSEST.

⁷ When they cried out to the LORD because of Midian,

⁸ the LORD sent a prophet to the Israelites. He said, "This is what the LORD, the God of Israel, says: **I brought you** up out of slavery in Egypt. ⁹ **I rescued you** from the Egyptians and from all who oppressed you. **I drove out** your enemies and **I gave you** their land. ¹⁰ I told you, '**I am the LORD your God.**

You must not worship the gods of the Amorites, in whose land you now live.' **But you have not listened to [obeyed] me."**

Open your EARS.

¹¹ Gideon son of Joash was threshing wheat at the bottom of a winepress to hide the grain from the Midianites.

¹² The angel of the LORD appeared to him and said,
“Mighty Hero, the LORD is with you!”

**Q :: When God calls you by name -
what name does he call you?**

TRUTH : You are who GOD SAYS you are.

¹³ “Sir,” Gideon replied, “if the LORD is with us, **why** has all this happened to us? And **where** are all the miracles our ancestors told us about? Didn’t they say, ‘The LORD brought us up out of Egypt’? But now the LORD has abandoned us and handed us over to the Midianites.” ¹⁴ Then the LORD turned to him and said, **“Go with the strength you have, and rescue Israel from the Midianites. I am sending you!”** ¹⁵ “But Lord,” Gideon replied, “how can I rescue Israel? My clan is the weakest in the whole tribe of Manasseh, and I am the least in my entire family!” ¹⁶ The LORD said to him, **“I will be with you.** And you will destroy the Midianites as if you were fighting against one man.”

TRUTH : I can’t - but WE CAN.

¹⁷ Gideon replied, “If you are truly going to help me, show me a sign to prove that it is really the LORD speaking to me. // ²¹ Then the angel of the LORD touched the meat and bread with the tip of the staff in his hand, and fire flamed up from the rock and consumed all he had brought. And the angel of the LORD disappeared. ²² When Gideon realized that it was the angel of the LORD, he cried out, **“Oh, Sovereign LORD, I’m doomed! I have seen the angel of the LORD face to face!”** ²⁴ And Gideon built an altar to the LORD there and named it **Yahweh-Shalom** (which means “the LORD is Peace”).

Open your EYES.

Questions and Actions.

Q: What things have the potential to control you?
[habits - hobbies - people - jobs - emotions - etc.]

Q: When was your “cry-out” moment? If you haven’t had one yet - what will it take for you to “cry out”?

Q: When God calls you by name - what name does he call you?

Prayer : “FATHER - thank you that you see me, know me, and love me. I’m coming to you today with my eyes and ears wide open. Speak to me like you spoke to Gideon, and may I respond in worship and obedience.”

Action : **Schedule 30 minutes alone with God to . . .**

- **Read** the full story of Gideon in Judges 6-8.
- **Reflect** on what God is saying to you in the story.
- **Respond** by writing a “cry out” prayer to God - ask him to reveal the idols in you, your family, or your community that need to be overcome with His help. Tell God you’re ready and willing to receive his power.

Notes.