

SAC Small Groups Discussion Guide – Sept. 24th, 2026

This guide comes with the expectation that even if someone has missed the Sunday service, they have watched the sermon before coming to their small group.

Table

This space is meant to practice presence as a small group. Use this time to create space around the table where you journey each week to move from neighbours to family. This can look like everyone bringing their favourite treat or having coffee/tea together. You can even use the question below as a starter for conversation.

Connection to Other (Icebreaker/Light)

- Share your name, what you do with your time (job, school, volunteer, etc), and what you're hoping to learn this year?

Scripture

This section contains the scripture(s) and an overview of the sermon that was preached on Sunday. It will have the main point explained to help those remember the sermon. We believe that God's Word shapes us as we hear the Word and respond to it. Make sure to read this aloud for everyone to hear.

Scripture

Exodus 1:1-22

1 These are the names of the sons of Israel who went to Egypt with Jacob, each with his family: 2 Reuben, Simeon, Levi and Judah; 3 Issachar, Zebulun and Benjamin; 4 Dan and Naphtali; Gad and Asher. 5 The descendants of Jacob numbered seventy[a] in all; Joseph was already in Egypt. 6 Now Joseph and all his brothers and all that generation died, 7 but the Israelites were exceedingly fruitful; they multiplied greatly, increased in numbers and became so numerous that the land was filled with them. 8 Then a new king, to whom Joseph meant nothing, came to power in Egypt. 9 "Look," he said to his people, "the Israelites have become far too numerous for us. 10 Come, we must deal shrewdly with them or they will become even more numerous and, if war breaks out, will join our enemies, fight against us and leave the country." 11 So they put slave masters over them to oppress them with forced labor, and they built Pithom and Rameses as store cities for Pharaoh. 12 But the more they were oppressed, the more they multiplied and spread; so the Egyptians came to dread the Israelites 13 and worked them ruthlessly. 14 They made their lives bitter with harsh labor in brick and mortar and with all kinds of work in the fields; in all their harsh labor the Egyptians worked them ruthlessly. 15 The king of Egypt said to the Hebrew midwives, whose names were Shiphrah and Puah, 16 "When you are helping the Hebrew women during childbirth on the delivery stool, if you see that the baby is a boy, kill him; but if it is a girl, let her live." 17 The midwives, however, feared God and did not do what the king of Egypt had told them to do; they let the boys live. 18 Then the king of Egypt summoned

the midwives and asked them, “Why have you done this? Why have you let the boys live?” 19 The midwives answered Pharaoh, “Hebrew women are not like Egyptian women; they are vigorous and give birth before the midwives arrive.” 20 So God was kind to the midwives and the people increased and became even more numerous. 21 And because the midwives feared God, he gave them families of their own. 22 Then Pharaoh gave this order to all his people: “Every Hebrew boy that is born you must throw into the Nile, but let every girl live.”

Overview

This fall, we have started a new series in the book of Exodus called Still, God. The word exodus means “a going out” or “departure” and is often associated with a forced movement or displacement from one location to another typically under duress. The story of Exodus is a story of departure as God’s people face hostility and oppression from Egypt to which God will deliver them from. Exodus has been described as a covenant narrative in that the God of Abraham and his descendants will keep his promises to Israel and show himself to be faithful. Exodus is the story of what happens in-between the now and not yet and how God makes Himself known and invites people to respond to Him. The end of Genesis concludes with the story of Joseph who was sold into slavery but then rose to power in order to save his family and provide a place of refuge in Egypt.

However, in Exodus 1, the narrative sharply changes as a new Pharaoh has come to power and is worried that the Israelites have multiplied too much and will overthrow the Egyptians. The new Pharaoh enslaves the Israelites, oppresses them, and goes as far to order the murder of newborn Israelite boys in order to stop them from growing. However, the Hebrew midwives feared God and did not do as the king of Egypt had told them. God saw their faithfulness to Him and blessed Israel and their own families. Against this backdrop of oppression, God continued to orchestrate His redemptive plan and much like our own lives, we can have hope and the presence of God through our pain and suffering.

Discussion

These questions are prompts to help the group have meaningful dialogue over the sermon this past weekend. Do not feel the need to ask all these questions. You are more than welcome to create your own questions or mix the questions together.

Connection to Head (Study/Knowledge Questions)

- What does this passage teach us about God?
- Read 2 Corinthians 4:7-9. How does the Exodus passage bring greater depth to the 2 Corinthians passage?

Connection to Heart (Deeper Engagement)

- The midwives in Exodus 1 refused to follow Pharaoh's orders because they feared God. They acted faithfully under significant personal risk. What does it look like in your own context to remain faithful to God when the surrounding pressures push in a different direction?
- The sermon draws a distinction between going around obstacles and going through them, suggesting that the path of redemption often runs directly through pain rather than away from it — how does this reframe the way you pray about the difficulties you are currently facing?

Practice + Prayer

This is the space where we lean into being imperfect practitioners of Jesus. The practice and prayer are opportunities to encounter Jesus, to obey His Word and to live into being a flourishing community centred on Jesus. Take time to practice this together and reflect on each person's experience of these practices.

Practice: What is the obstacle that God is facing with you? What is your fear?

- Take time this week to prayerfully reflect on these questions.
- Ask God to bring to mind and focus on the specific fear in your life.
- Be sure to take time to listen to the response of God as you ask these questions. What might be the promise of faithfulness He is extending to you?

Prayer:

Psalm 66:5-6

5 Come and see what God has done, his awesome deeds for mankind! 6 He turned the sea into dry land, they passed through the waters on foot— come, let us rejoice in him.

Intercessory Prayer

In this last space, take time to seek God and invite Him to work the lives of your group. You can split into pairs, guys/girls, whole group, or whatever works. The important part is that you create space for everyone to pray if their comfortable.