

## Weekend Message Questions

### The Weight We Carry

09/19-09/20

[To view or listen to past messages, click here.](#)

**CHECK-IN:** Check with the members of your group to see how they are doing.

What are the things that weigh you down or hold you back?

Would you say that the things that weigh you down are more emotional, mental, relational or spiritual?

**BIG IDEA:** Moses

**READ:** Exodus 12:31-32a

Can you see how the story of the Israelites in Egypt is a picture of our story?

Slaves in Egypt = Slavery of Sin

Moses a deliverer = Christ our deliverer

Children of Israel = Us

Promised Land = Purpose of God for our lives

Wandering in the wilderness = Our journey = God's invitation to join Him in His redemptive work on this earth.

**READ:** Exodus 2:1-10

What emotions do you think Moses went through?

How does your family of origin story measure up with the issues Moses' family experienced?

**READ:** Exodus 2:11-15

What do the metaphorical family of origin "weights" look like in our lives? (Bitterness, anger, Inferiority, abuse etc.)

Have you ever done something totally out of character, in the heat of a moment, and ran or hid?

**READ:** Matthew 11:28-30

What does Jesus say we need to do with the things that weigh heavy on us?

Would you say that you try to erase your burdens or do you trade them away?

**READ:** Psalm 38:1-8

Have you been carrying the weight of some previous bad choices or past sin?

Have you had to pay a penalty or fulfill a consequence, yet still feel weighed down?

How are we to deal with our sin according to 1 John 1:8-9, Hebrews 12:1, and Galatians 6:1a?

## **Weekend Message Questions**

### **The Weight We Carry**

**09/19-09/20**

**READ:** Exodus 3:11, 4:1, 4:10, and 4:13

What were the things weighing heavily on Moses?

What similar thoughts have you had?

Have you ever disqualified yourself from something before you even started?

What are insecurities you have heard or told yourself that you have allowed to influence you?

**READ:** Jeremiah 29:11

Are you hesitant at all about believing that God has a purpose for your life?

Before you disqualify yourself based on something you have done review this list of people in the Bible that could have disqualified themselves

Abraham – Liar

Sarah – Mocker of God

Jacob – Deceiver

Moses – Murderer

Rahab – Prostitute

Samson – Compromiser

David – Adulterer

Solomon – You name it...

Matthew – Tax collector

Peter – Betrayer

God has invited us on a journey and just like Moses, we have weights we carry. How are you feeling about the weight you are carrying?

Will you trust God to lighten your load today?

### **PRAY**

**Can you use prayer?** <https://hopefellowship.net/prayer-request/>