

Deep Practice Discipleship Guide

Exodus 2:1–10 — Courageous Love

Opening Check-In: Reflecting on Last Week’s Deep Practice

Begin by inviting each person to briefly share about the spiritual practice or area of discipleship they worked on this past week.

Possible prompts:

- What practice did you focus on this week?
- Where did you notice growth, resistance, or difficulty?
- Did you experience any moments where God seemed especially present?
- Was there a moment where you became more aware of your need for trust, attentiveness, or compassion?
- What did you learn about yourself this week?

Encourage honesty and reflection rather than performance. The goal is growth, not perfection.

Sermon Overview — Exodus 2:1–10

Courageous Love in the Midst of Fear

HOOK — When Sources of Life Become Places of Danger

- Sometimes beautiful and good things become instruments of harm:
 - A sports car crashes
 - A home burns
 - A river floods
- The Nile River was the heart of Egypt:
 - It brought life to the desert
 - It sustained civilization
 - It represented prosperity and security
- Yet Pharaoh twisted the river into a place of death:

- Exodus 1:22 — Hebrew boys were to be thrown into the Nile

What should have given life became an instrument of fear and destruction.

Yet God would transform the very place of death into the pathway of salvation.

HEAD — Three Women of Courageous Love

1. Jochebed — Courageous Love Releases

- She hides Moses
- She builds the basket (tevhah — same word used for Noah's ark)
 - A tiny ark of salvation
- She places Moses into God's hands when she can no longer protect him herself

Key Insight:

Faith sometimes means releasing into God's hands what we no longer have the power to control.

Application:

- There are moments when faith is not holding tighter, but trusting deeper.
 - Some things cannot be controlled, managed, or protected forever.
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2. Miriam — Courageous Love Watches and Responds

- She stands at a distance
- She stays attentive
- She notices what is happening
- She steps forward wisely at the right moment

Key Insight:

Courageous love does not abandon others.

Miriam becomes an example of faithful attentiveness:

- present
- observant

- available
- responsive

Application:

- Sometimes discipleship means staying near enough to notice when God opens a door to act.
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3. Pharaoh's Daughter — Courageous Love Shows Compassion

- She sees the child
- She feels compassion
- She rescues him
- She names him Moses, claiming him as her own

Most importantly:

- She defies Pharaoh
- Compassion becomes greater than political authority and cultural expectation

Key Insight:

Compassion often requires courage.

Application:

- Followers of God are called to remain compassionate even within harsh and cruel systems.
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HEART — God Transforms Instruments of Death into Pathways of Life

The Nile was supposed to destroy Moses.

Instead, it carried him toward life.

This becomes a repeated pattern throughout Scripture:

- Joseph's slavery becomes preservation
- The Red Sea becomes deliverance
- Exile becomes purification

- The cross becomes salvation

Rome intended the cross to silence Jesus.

Religious authorities intended it to end His movement.

Death itself appeared victorious.

Yet God transformed the instrument of death into the doorway of salvation.

The river did not have the final word.

The cross did not have the final word.

Death never has the final word in the hands of God.

HANDS — Living Courageous Love

1. Release What You Cannot Control

- Trust God with what feels uncertain
- Surrender anxiety, fear, outcomes, or burdens
- Faith is often practiced in the unknown

Reflection:

What are you trying to hold onto that may need to be entrusted to God?

2. Stay Attentive Like Miriam

- Remain spiritually awake
- Watch for opportunities to serve, encourage, or respond
- Be available to God's leading

Reflection:

Where might God be inviting you to pay closer attention?

3. Remain Compassionate in a Cruel World

- Compassion is not weakness
- Compassion may require courage
- Followers of Jesus are called to resist hardness of heart

Reflection:

Who around you needs compassion right now?

Group Discussion Questions

Based on Bloom's Taxonomy

Remembering

- What role did each of the three women play in Moses' rescue?
- Why was the Nile River significant in Egypt?

Understanding

- Why do you think the text highlights the actions of these women so carefully?
- What does the basket/ark imagery communicate about God's protection and salvation?

Applying

- What is something in your life that you are struggling to release into God's hands?
- How can attentiveness become a spiritual practice in everyday life?

Analyzing

- Compare the actions of Miriam and Pharaoh's daughter. How are they different? How are they similar?
- Why do you think Scripture repeatedly shows God transforming suffering or danger into redemption?

Evaluating

- Which expression of courageous love challenges you the most:
 - releasing,
 - attentiveness,
 - or compassion?
Why?

Creating

- If you were to describe “courageous love” in your own words, how would you define it?
 - What practices could help you become more attentive and compassionate this week?
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Storying Exercise

Mark 5:21–43 — Jairus’ Daughter and the Woman Who Touched Jesus

Story Introduction

This story also contains courageous love, attentiveness, fear, compassion, and the transformation of what appears hopeless.

Read the story aloud slowly.

Then ask someone to retell the story in their own words without looking at the text.

Allow the group to help fill in missing details together.

Story Discussion Questions

- What emotions or tensions stand out most in this story?
 - Where do you see courageous faith or love in the passage?
 - How does Jesus respond to suffering and desperation?
 - What similarities do you see between this story and Exodus 2?
 - What does this story teach us about God bringing life where others expect death?
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Deep Practice Commitment for the Coming Week

Take a few quiet moments and write down one area of practice for this week.

You may continue working on a previous practice or begin a new one based on today’s lesson.

Possible practices:

- Releasing a fear or burden to God daily in prayer

- Practicing attentiveness by slowing down and noticing others
- Showing intentional compassion to someone difficult or overlooked
- Spending time each day reflecting on where God may be bringing life out of difficulty

Write your commitment below:

This week I will practice:

Closing Prayer