

FROM SLAVERY TO PRESENCE

WEEK 2

THE GOD WHO HEARS

EXODUS 2:23-25

JOURNEY GUIDE



NOTICE
God's activity



LISTEN
for God's voice



RESPOND
with one faithful step

LEARNING TO LIVE AS GOD'S PEOPLE IN GOD'S PRESENCE

FROM SLAVERY TO PRESENCE

Week 2: The God Who Hears

Exodus 2:23-25

Formation Goal: Becoming honest before God.

Opening Reflection

Most of us carry burdens quietly. A worry about family. A lingering disappointment. A fear we rarely speak aloud. A grief we haven't fully processed. Sometimes we assume God already knows, so there is no need to tell Him. Yet throughout Scripture, God's people repeatedly bring their burdens honestly before Him. Israel's journey toward freedom begins not with strength but with a cry. This week we practice bringing our burdens into God's presence.



NOTICE

Read

Exodus 2:23-25 (Read this passage several times this week.)

Reflect

- What burden feels especially heavy right now?
- What concern keeps returning to your mind?
- What are you carrying that you have not fully brought before God?

In Community

If you are discussing this guide with others:

- When you hear the words “God heard their groaning,” what stands out to you about the condition of Israel in this passage?
- What kinds of burdens do people commonly carry without talking about them? Why do you think we often keep them hidden?
- Is there a burden, concern, disappointment, or frustration that has been taking up more space in your life than you realized?



LISTEN

Read Psalm 62:5-8 several times

As you read:

- What barriers and burdens is the Holy Spirit inviting you to pour out before the Lord?
- In what areas of your life do you hear the Lord promising to be your rock?



RESPOND

This week, choose one simple way to bring your burden before God.

Spend five minutes in honest prayer.

- Set aside a few quiet moments and tell God exactly what is on your heart without trying to fix, filter, or soften it.

Write a prayer of lament.

- Express your grief, frustration, questions, or pain to God, trusting that He welcomes your honest words.

Talk with a trusted Christian friend.

- Share your burden with someone who will listen well, pray with you, and remind you of God's faithfulness.

Journal your fears and concerns.

- Write down what is weighing on you and place those burdens before God one by one.

Pray Psalm 13, Psalm 42, or Psalm 62.

- Use the words of Scripture to help you bring your struggles, questions, and hopes honestly before God.

Sit quietly and offer your burden to God.

- Spend a few minutes in silence, imagining yourself placing your burden into God's caring hands.

My Next Faithful Step

What practice will you try this week?

In Community

- What burden or challenge feels especially heavy right now?
- Which of the four descriptions of God's care—heard, remembered, saw, or knew—speaks most deeply to you?
- Why is honesty before God sometimes difficult?
- How can we help one another carry burdens faithfully?
- What is one faithful step you sense God inviting you to take this week?

Prayer

God who hears,

Thank You that nothing in my life is hidden from You.

You hear my prayers.

You remember Your promises.

You see my struggles.

You know me completely.

Give me the courage to bring my burdens honestly before You and the faith to trust Your compassionate presence.

Amen.

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