

EXODUS • FROM SLAVERY TO PRESENCE

The Battle Beneath the Surface

JOURNEY GUIDE

EXODUS 7:1-5

FORMATION GOAL:

*Becoming discerning about
competing loyalties.*



NOTICE



LISTEN



RESPOND



COVENANT CHURCH

NOTICE

*Becoming discerning
begins by noticing.*

Every day our hearts are shaped by the voices we trust.
In Exodus 7, Moses and Pharaoh stand before the same
God, yet respond in very different ways.
Becoming discerning begins by noticing the loyalties
that quietly compete for our hearts.



NOTICE

Read Exodus 7:1–5 slowly.

As you read, notice what stands out.

- Pay attention to the movement of the story.
What stands out to you as you read?



PERSONAL REFLECTION

- What voices compete for your loyalty?
- Where do you most seek security apart from God?

*Write your thoughts, prayers,
or insights here.*



IN COMMUNITY

Share and listen to one another.

- Share about a time when you realized something other than God had quietly become a source of security.
- What first helped you notice it?
- Why do you think it became so appealing?
- How did recognizing it change your relationship with God?



Close by praying for one another about what you've shared.

LISTEN

*God becomes our refuge
as we learn to trust His voice.*

When everything around us feels uncertain, we need a voice we can trust. Asaph wrote these words when he was wrestling with doubt and confusion. In the end, he chose to rest in the nearness of God.

As you read, listen for the voice of God rather than simply the words of the text.



LISTEN

Read Psalm 73:25–28
slowly.

*Let these words
sink deep.*

- 25 Whom have I in heaven but you?
And there is nothing on earth that I desire other than you.
- 26 My flesh and my heart may fail,
but God is the strength of my heart
and my portion forever.
- 27 Those who are far from you will perish;
you put an end to those who are unfaithful to you.
- 28 But as for me, the nearness of God is my good;
I have made the Lord GOD my refuge,
to tell of all your works.

PSALM 73:25–28 (NRSV)



PERSONAL REFLECTION

- Which phrase do you most
need to hear today?

*Write your thoughts, prayers,
or insights here.*



IN COMMUNITY

Share and listen to one another.

- Which verse or phrase captures your attention, and why?
- How does this Psalm speak to the competing loyalties we experience today?
- What does it mean to say, “The nearness of God is my good”?
- How can we encourage one another to trust God above every competing voice this week?



Close by praying for one another.

RESPOND

Discernment grows through daily practice.

Discernment isn't formed in dramatic moments alone. It grows through small, faithful choices made day after day. One of the simplest ways Christians have learned to notice God's work in their lives is through a prayer practice called the Daily Examen.



THIS WEEK'S SPIRITUAL PRACTICE

The Daily Examen

A prayerful review of your day in the presence of God.

PAUSE

Become aware of God's presence.

NOTICE

Where did I notice God's presence today?

DISCERN

Where did I place my trust in something other than God?

RESPOND

What is God inviting me to tomorrow?

PRAY

Thank God for His grace and ask for strength for tomorrow.

MY NEXT FAITHFUL STEP

What is one small step you will take this week to trust God more fully?

PRACTICE THIS WEEK

- ☐ Read Psalm 73 each day.
- ☐ Practice the Daily Examen.
- ☐ Journal one competing loyalty.
- ☐ Talk with a trusted Christian.
- ☐ Pray:
"Lord, strengthen my heart toward You."



IN COMMUNITY

Share. Encourage. Pray.

- What did you notice as you practiced the Examen?
- Which question challenged you the most?
- How can we encourage one another to trust God above every competing voice this week?



*Pray together
before leaving.*