

Coming back stronger

Week 1 - Finding inner strength (MOSES)

Get started....

What's your favourite comeback story? Or when an underdog triumphed?



Get stuck in....

Read Exodus 2 v. 11-15.

Talk through the story, what happened, what do you think was going on inside Moses' head and heart? How would you have felt if you had been in his shoes (sandals!!)?

- When you think of a person of strength what things come to mind?
- Why is finding inner strength so key in terms of coming back stronger?

The well is often a metaphor/picture for the soul.

- Why is this a powerful picture?
- How well is your well? Use the 4 points mentioned Sunday to talk about your soul...how can these things can happen to your soul? (inner life)

Destroyed - Dried up - Damaged - Depleted

Looking at the life of Moses from this point on we see how he invested in his 'well' and then with Gods help found inner strength....

- Which of these 5 qualities do you think you'd like to grow the most in during this season?

Identity - Humility - Dependency - Integrity - Intimacy

Consider this statement.....

What's down in the well will come up in the bucket

- In what ways is this true in both negative and positive ways?

Get praying....

Encourage a moment of honesty and vulnerability....how well is your well?

Pray for each other, create some space to speak into each other's lives...

Be open to the prophetic for one another and for the group...

Pray for our communities who desperately need people who have inner strength and something to give....

Go deeper....

Read Exodus 33 v. 1-11 - try to track the key practices Moses goes through which reveal his quest for intimacy with God...not by chance but by choice.

- What can we learn from this?
- How can we apply these things in our lives?