

EXODUS

A GRACESPRING BIBLE CHURCH SERMON SERIES



OCTOBER 21, 2018 | **PERSONAL GROWTH PLAN**

Days of Darkness

Exodus 1:8-22

Message Big Idea

Though circumstances may seem out of control, we can trust that God is in control.

Reading Plan and Prayer Journal

Last week we read the Genesis account of how God called Abraham, blessed his descendants, and eventually led us to the courts of Pharaoh in Exodus. Joseph was blessed because he trusted God and followed his path for his life. This week we're beginning to see what that blessing looked like and how the new Pharaoh responded to the descendants of Abraham who had begun to

“But the people of Israel were fruitful and increased greatly; they multiplied and grew exceedingly strong, so that the land was filled with them.”

Exodus 1:7

grow as numerous as the stars in Egypt. This was exciting stuff for the people of God because they had heard the covenant and promises that God had given Abraham and now they're seeing God's promise come to fruition years later. Yet, through changes in power in Egypt, God's people were in for a rude awakening. As you read through the scripture plan this week, we're going to try a modified version of an ancient practice of understanding scripture. Here's how:

- **Reading:** Begin with reading through the passage 2-3 times and really seek to understand the individual words, phrases, and thoughts that make up the passage. Take time to journal any specifics that stand out to you. Don't try to add your own meaning, but read the text as it

comes off of the page. The goal is not to see the words with your eyes, but to feel them in your heart, mind, and soul.

- **Meditation:** This step has everything to do with thinking of specific chunks of the passage in front of you. Think about phrases and specific words that stood out to you. Focus intently on why the Holy Spirit might have chosen these words to speak to you today. Reflect on how it might apply to your life. Is it relevant to something that you are going through? Does it bring to mind a struggle you have been dealing with? Journal some thoughts that followed your meditation time.
- **Prayer:** Our next step is to take all of the words, thoughts, feelings, actions, fears, and convictions that we've just experienced and offer them to the Lord in prayer. Ask him to illuminate what he would have you do with them. Simply talk to God and tell him how you are feeling. Confess any anxieties, praise him for who he is, ask him for what you need. Take time to record your prayers in a prayer journal.
- **Contemplation:** Be silent in the presence of the Lord. Relax, Embrace, and just Be with the Lord. Don't rush this. Quiet your mind and soul and sit patiently with Him. Take time after contemplation to write down your experience with God in silence.

Monday: Exodus 1:8-22

Tuesday: Psalm 113:1-9

Wednesday: Psalm 118:1-29

Thursday: Hebrews 11:8-26

Friday: Psalm 105:1-45

Saturday: Exodus 1:8-22

As sons and daughters, God sovereignly reigns and rules over our lives, sends both joy and sorrow to detach our hands from the things of this world and give us what we really, truly need: him.

- Matt Chandler