

EXODUS

PART 2: IDENTITY



FEBRUARY 10, 2018 | **PERSONAL** GROWTH GUIDE

Lifted Hands

Exodus 17:8-16

Message Big Idea

To win the battle, we must begin the battle on our knees.

Reading Plan and Prayer Journal

God has been teaching His people that He can be trusted to lead and provide for them. Now He is going to teach them how He protects them from their adversaries through the power of prayer. Our reading this week provides us the opportunity to be reminded of how God calls His children to be a people of prayer, which the primary weapon we have to help us achieve spiritual victory. As you read

“And Moses built an altar and called the name of it, The LORD is my Banner, saying, ‘A hand upon the throne of the LORD!’”

Exodus 17:15-16a

through the scripture plan this week, use the SOAK method to help enrich your time in the word.

- **Scripture:** Read the verses several times just taking them at face value. Choose 1 or 2 of the verses that stand out to you and write them out word for word in your journal
- **Observation:** What stands out to you about the passage? About the verses you wrote out? What observations can you make about the character of God from these verses? Why is this principle important?
- **Application:** How can you put these observations and principles into action this week? Maybe it means trusting God more - writing the verse in a prominent place to remind you. Maybe it

means stepping out and telling others more about God. Come up with a solid application and do it!

- **Kneel in Prayer:** Thank God for His gifts. Thank Him for who He is. Ask Him for what you need. Offer him the fruits of the application step above and ask for His help to keep you moving towards Him!

Monday: Exodus 17:8-16

Tuesday: 2 Corinthians 10:1-18

Wednesday: Ephesians 6:10-20

Thursday: Romans 8:18-39

Friday: Psalm 35:1-10

Saturday: Exodus 17:8-16

Daily Prayer Guide

Practice prayer journaling this week by writing out your prayers in response to your reading. One helpful method of prayer journaling is using the **ACTS** method:

- Start with **Adoration** or praising God by reflecting about who He is and why He is worthy of praise.
- Second, write prayers of **Confession**. When we recognize who God is and come face to face with His holiness, we realize that we have sinned against him in our imperfection. It's important to Confess these sins and ask for His forgiveness.
- Third, write a prayer of **Thanksgiving** - this is a chance to thank God for how he has worked in your life with gratitude and thankfulness. This begins with thankfulness for His forgiveness, but works through all aspects of our lives.
- Last, write down a prayer of **Supplication**. Once we have a clear perspective about who God is, how sinful we are, and realize why we are thankful, we can approach God with requests.