

chapter two - set free

If you research the word _____ you find many definitions.

- A mood disorder that causes a persistent feeling of _____.⁵
- It is characterized by persistent _____ or pleasure in previously rewarding or enjoyable activities.⁶
- An illness that involves the _____, _____, and _____ and that affects the way a person eats, sleeps, feels about himself or herself, and thinks about things.⁷

NOTE: Sometimes depression is not situational and may be related to an ongoing medical issue. Professional medical assistance is often needed in such cases, and I strongly urge you to consult with a medical professional to determine a personal action plan if you are currently battling depression. This study will focus on situational depression, not clinical/medical depression.

Notes on this:

⁵ <https://www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007>
⁶ https://www.who.int/health-topics/depression#tab=tab_1
⁷ <https://www.medicinenet.com/script/main/art.asp?articlekey=2947>

Proverbs 12:25a says, *“Anxiety in the heart of man causes depression...”* (NKJV)

In this chapter, we will journey back into the Old Testament and step into the sandals of the _____.

Who are they? _____

They believed in _____ and followed _____.

In Genesis 12:1-3, God says this to Abraham:

“Go forth from your country, and from your relatives and from your father’s house, to the land which I will show you; and I will make you a great nation, and I will bless you, and make your name great; and so you shall be a blessing; and I will bless those who bless you, and the one who curses you I will curse, and in you all the families of the earth shall be blessed.”

Notes on this:

These promises are known as the _____. The

descendants grew into the group we know as the _____.

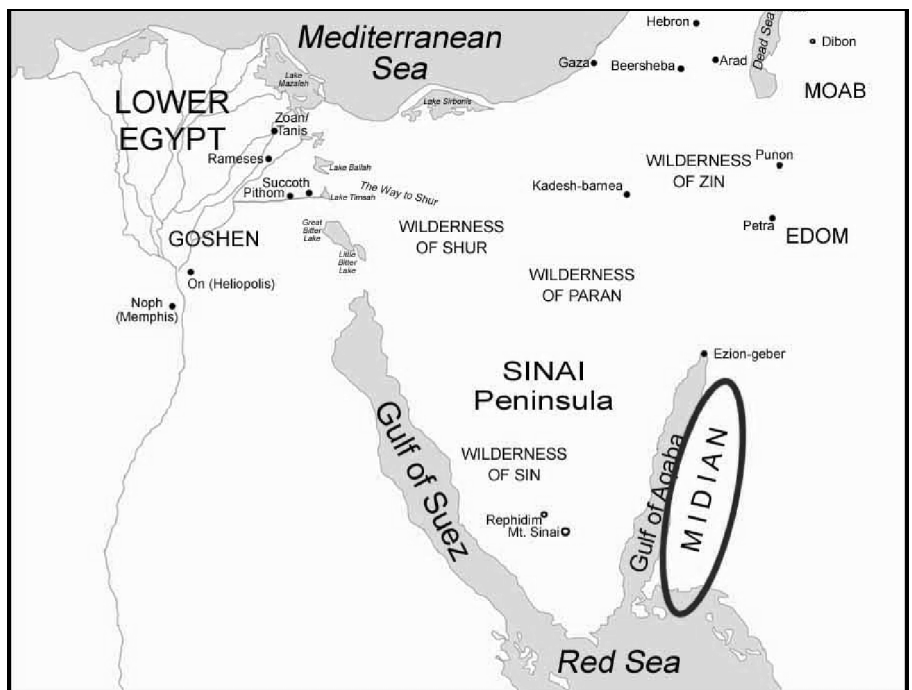
Approximately _____ years later the Covenant still had not been _____.

And then there is a _____ year period of silence. An update can be found in Exodus 1:7:

“But the sons of Israel were fruitful and increased greatly, and multiplied, and became exceedingly mighty, so that the land was filled with them.”

And then we are introduced to the family of _____. His family was from _____, in the land of _____.

1. He was born to Hebrew parents during a time when Hebrew baby boys were to be _____.
2. His mother saved his life by _____.
3. He was adopted by _____ and he grew up with all of the education and privileges that were afforded royalty.
4. Out of fear, he fled to _____ after killing an Egyptian man who was beating an Israelite/Hebrew man.
5. He married and had _____ while living in Midian.
6. He witnessed a theophany at _____ (SEE MAP).
7. God called him to _____ while on that mountain.



⁸ <http://www.jesuswalk.com/moses/images/map-egypt-midian-900x709x300.jpg>

Let's find out more about that. Read Exodus 3:7-10. Notes on this:

Exodus 1:13-14 says, *“And the Egyptians compelled the sons of Israel to labor rigorously; and they made their lives bitter with hard labor in mortar and bricks and at all kinds of labor in the field, all their labors which they rigorously imposed on them.”*

Life as an Israelite became _____, cruel, bitter, and _____.

Notes on this:

Let's pick up our story in Exodus 5:1-4.

- The phrase _____ is a command that will be heard over and over again throughout this story.
- The Egyptians _____ God, saying they did not know Him.
- Verse 3 is the first warning of a _____ coming if Pharaoh resists.

Notes on this:

Exodus 5:22-23 says, *“Then Moses returned to the Lord and said, ‘O Lord, why hast Thou brought harm to this people? Why didst Thou ever send me? Ever since I came to Pharaoh to speak in Thy name, he has done harm to this people; and Thou has not delivered Thy people at all.’”*

God took the time to _____ Moses.

In Exodus 6:1-8, God told him, “I will _____ you”, “I will _____ you”, and “I will _____ it to you.”

But the Israelites... They were still upset.

Exodus 6:9 says, *“So Moses spoke thus to the sons of Israel, but they did not listen to Moses on account of their despondency and cruel bondage.”*

God told Moses to go back and _____.


Exodus 7:1 says, *“Then the Lord said to Moses, ‘See, I make you as God to Pharaoh, and your brother Aaron shall be your prophet.’”*

Notes on this:

Exodus 7:13 tells us that _____.

THE PLAGUES ON EGYPT EXODUS 7-12

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|----------|---|---|-----------|---|---|
| 1 |  | BLOOD (7:14-24)
The Nile, along with all of the water in Egypt, turns into blood. But Pharaoh does not let the Israelites go. | 6 |  | BOILS (8:8-12)
Festering boils break out on the Egyptians and their animals. But Pharaoh does not let the Israelites go. |
| 2 |  | FROGS (7:25 - 8:15)
Frogs cover the land of Egypt. Pharaoh promises to let the Israelites go, but changes his mind. | 7 |  | HAIL (8:13-35)
Hail strikes down everything in the fields - humans, animals and trees. Pharaoh asks for forgiveness and promises to let the Israelites go, but changes his mind. |
| 3 |  | GNATS (8:16-18)
The dust turns to gnats, which cover the people and animals of Egypt. But Pharaoh does not let the Israelites go. | 8 |  | LOCUSTS (10:1-20)
Locusts devour every tree and plant in the land of Egypt. Pharaoh asks for forgiveness, but does not let the Israelites go. |
| 4 |  | FLIES (8:20-32)
Flies fill the houses and land of Egypt. Pharaoh promises to let the Israelites go, but changes his mind. | 9 |  | DARKNESS (10:21-28)
Darkness covers the land of Egypt for three days. Pharaoh promises to let the Israelites go, but changes his mind. |
| 5 |  | LIVESTOCK (9:1-7)
All of the livestock of the Egyptians die. But Pharaoh does not let the Israelites go. | 10 |  | FIRSTBORN (11:1-10; 12:29-32)
Every firstborn son and firstborn of the cattle in Egypt dies. Pharaoh finally lets the Israelites leave Egypt, only to change his mind and pursue them to the Red Sea. |

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Notes on this:

⁹ https://visualunit.files.wordpress.com/2014/01/exodus_plagues1.pdf

The same God that _____ the Israelites will _____ you too.

GOD gave the Israelites an _____. He can do that for you too.

Just as God _____ all His promises to the Israelites, He continues to _____ His promises to _____.

Deuteronomy 31:6 says, "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; He will never leave you or forsake you."

Each time Moses faced rejection and depression, he _____.

Each time he _____ the Lord, God _____ Moses with insight, a plan, and _____.

1. _____ is the starting point.
2. Turning to _____ for words of encouragement when faced with moments of sadness or depression.
3. Tell _____ what you are going through.

In Matthew 18:20, Jesus says, "For where two or three have gathered together in My name, there I am in their midst."

What are you facing today? How can I be praying for you?

- If you are listening to this podcast and would like to connect with me or submit a confidential prayer request, please email me at tiffany@truthplusgrace.com.
- For daily encouragement through Scripture, please follow “truth_plus_grace” on Instagram or “Truth + grace” on Facebook.
- We are looking for ways to connect as a community of people going through this study together. More information will be emailed to you soon. Stay tuned!