

Moses Lesson 7 Handout

Exodus 3:16–18 (NIV84)

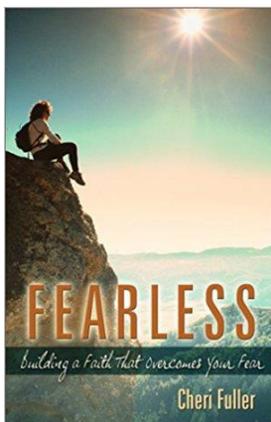
16 “Go, assemble the elders of Israel and say to them, ‘The LORD, the God of your fathers—the God of Abraham, Isaac and Jacob— appeared to me and said: I have watched over you and have seen what has been done to you in Egypt.

17 And I have promised to bring you up out of your misery in Egypt into the land of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites—a land flowing with milk and honey.’

18 “The elders of Israel will listen to you. Then you and the elders are to go to the king of Egypt and say to him, ‘The LORD, the God of the Hebrews, has met with us. Let us take a three-day journey into the desert to offer sacrifices to the LORD our God.’

19 But I know that the king of Egypt will not let you go unless a mighty hand compels him.

1. Do what God
says to do in the
Bible.



Philippians 4:6-7 Be anxious for nothing but in everything by prayer and supplication with thanksgiving let your requests be made know to God and the peace of God, which surpasses all comprehension will guard your hearts and your minds in Christ Jesus.

1. PRAY Philippians 4:6-7
Be anxious for nothing
but in everything by prayer
and supplication...

2. PRAISE - with thanksgiving
let your requests be
made know to God...

3. PEACE - and the peace
of God, which surpasses all
comprehension will guard
your hearts and your minds
in Christ Jesus.

4. Focus on the POSITIVE attributes of God.

2. Face your fear
- play it out to the
end.

I have everything to be happy but I'm always scared, I suffer from severe depression and anxiety. I had a very traumatic delivery when I delivered my daughter and I've always had a phobia with hospitals. I had her 4 years ago and my life is always revolving around being afraid of ending on that hospital bed once more. I faint every time my blood is drawn and if I'm in a hospital even to just visit someone I just want to throw up and I just cant control myself. I PANIC!! I can't even see a movie with hospital scenes. There's times I just cry and cry and cry.

My husband wants a second child and we have been trying for about a year and the anxiety of being in a hospital again and going through the checkups once more just destroys me but at the same time I want to make my husband happy he is such a great man and all he wants is one more and so do I but I just cant control myself I loose it at times.



3. Accept where you are.

Acceptance is the answer to all my problems today. She wrote down all her fears and anxieties and said: Lord, I've prayed, tithed, worked and nothing has opened up to us. I know that if you wanted to, you could change things in a moment or a day. But you haven't. So I accept the way things are today the things I can't change. I want you to show me what you're doing. I want to see You and trust You in the midst of our problems today, in the here and now.

Romans 8:28 (NASB95)

28 And we know that God causes all things to work together for good to those who love God, to those who are called according to His purpose.

Psalms 57:1

1 Have mercy on me, O God, have mercy on me, for in you my soul takes refuge. I will take refuge in the shadow of your wings until the disaster has passed.

4. Release your life completely to Jesus.

Daniel 3:14–18 14 and Nebuchadnezzar said to them, “Is it true, Shadrach, Meshach and Abednego, that you do not serve my gods or worship the image of gold I have set up?
15 Now when you hear the sound of the horn, flute, zither, lyre, harp, pipes and all kinds of music, if you are ready to fall down and worship the image I made, very good. But if you do not worship it, you will be thrown immediately into a blazing furnace. Then what god will be able to rescue you from my hand?”

16 Shadrach, Meshach and Abednego replied to the king, “O Nebuchadnezzar, we do not need to defend ourselves before you in this matter.

17 If we are thrown into the blazing furnace, the God we serve is able to save us from it, and he will rescue us from your hand, O king.

18 But even if he does not, we want you to know, O king, that we will not serve your gods or worship the image of gold you have set up.”

5. Get to know this POWERFUL God!

Mark 4:35-41

³⁵ On that [same] day, when evening had come, He said to them, "Let us go over to the other side [of the Sea of Galilee]."

³⁷ And a fierce windstorm began to blow, and waves were breaking over the boat, so that it was already being swamped.

³⁸ But Jesus was in the stern, asleep [with His head] on the [sailor's leather] cushion.

And they woke Him and said to Him, "Teacher, do You not care that we are about to die?"

³⁹ And He got up and [sternly] rebuked the wind and said to the sea, "Hush, be still (muzzled)!" And the wind died down [as if it had grown weary] and there was [at once] a great calm [a perfect peacefulness]. ⁴⁰ Jesus said to them, "Why are you afraid? Do you still have no faith *and* confidence [in Me]?"

⁴¹ They were filled with great fear, and said to each other, "Who then is this, that even the wind and the sea obey Him?"

Psalm 46:1-3

1 God is our refuge and strength, a very present help in trouble.

2 Therefore we will not fear, though the earth should change and though the mountains slip into the heart of the sea;

3 Though its waters roar and foam, though the mountains quake at its swelling pride.

