

Look Back:

What opportunities did you find to share Jesus with others? What will you do to become more comfortable with sharing the good news with those God puts in your life?

Look Up:

Read [Exodus 3:7-12](#)

1. Where was God and what was he doing while the people were being oppressed and treated harshly? Why do you think God did this?
2. How should people today apply these verses? Have these verses ever impacted the way you see a difficult situation you were facing?
3. What did God command Moses to do in verse 10? How did Moses respond and why? How does it compare to how you and others tend to respond to God?
4. How did God respond to Moses' objection? What does this say about God and how should people today apply this?

Read [Matthew 11:28-30](#)

5. How is this passage similar to God's promise to Moses in Exodus? What does escaping slavery in Egypt have to do with being "weary and burdened"? Which of these can you personally relate to and what do these verses say about how you can escape?
6. How is this passage different from God's message to Moses in Exodus? What specifically does Jesus offer in these verses and what is required to receive this?
7. Have you ever experienced rest after someone else took on a burden that you had been carrying alone? What led you to this and how did it turn out?
8. How easy it is for you to trust that God is with you at all times, hears your cries and will carry your burdens for you? What holds you back from trusting Him more each day?

Overall (Discovery Bible Study)

- What do these scriptures say about God?
- What do they say about people?
- How will I apply this to my life?

Look Ahead:

Identify where you struggle and how trusting Jesus can help you find freedom from your burden.

Notes

Everyone needs rescue from distress and slavery. Too often we keep pushing uphill on our own hoping to find achievement or satisfaction. Jesus has already provided the way out. Will you trust him to lead you? It's time to choose.

