

lifegroups

DISCIPLESHIP TRAINING

Session #1— June 7, 2026

Title: Promise-Backed Rescue

Theme: The Blueprint for True Freedom

Scripture: Exodus 6:1-9 (NIV)

Objective: During this session, the learner will discern that God's promises guarantee that He hears and delivers His people from impossible burdens.

Outreach from Previous Week:

Is it important for parents to pay attention to their child's natural predisposition when it comes to discipline? Why or why not?

Training Text: Exodus 6:1-9 (NIV)

¹ Then the LORD said to Moses, "Now you will see what I will do to Pharaoh: Because of my mighty hand he will let them go; because of my mighty hand he will drive them out of his country."

² God also said to Moses, "I am the LORD. ³ I appeared to Abraham, to Isaac and to Jacob as God Almighty, but by my name the LORD I did not make myself fully known to them. ⁴ I also established my covenant with them to give them the land of Canaan, where they resided as foreigners. ⁵ Moreover, I have heard the groaning of the Israelites, whom the Egyptians are enslaving, and I have remembered my covenant.

⁶ "Therefore, say to the Israelites: 'I am the LORD, and I will bring you out from under the yoke of the Egyptians. I will free you from being slaves to them, and I will redeem you with an outstretched arm and with mighty acts of judgment. ⁷ I will take you as my own people, and I will be your God. Then you will know that I am the LORD your God, who brought you out from under the yoke of the Egyptians. ⁸ And I will bring you to the land I swore with uplifted hand to give to Abraham, to Isaac and to Jacob. I will give it to you as a possession. I am the LORD.'"

⁹ Moses reported this to the Israelites, but they did not listen to him because of their discouragement and harsh labor.

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COMMUNITY CHURCH
FriendshipATL.org

DR. TORIN T. DAILEY, PASTOR
DR. DONALD EARL BRYANT, PASTOR EMERITUS

4141 Old Fairburn Road
Atlanta, GA 30349
(404) 349-6040

f y t i @FriendshipATL #FriendshipATL

Scripture Discussion | Exodus 6:1-3

- How does verse 1 reveal God’s power in delivering His people?
- What is the difference between El Shaddai and Yahweh?

Scripture Discussion | Exodus 6:4-6

- What does verse 4 teach us about God’s long-term memory and faithfulness to His promises across multiple generations?
- How does it comfort believers to know that God *hears* the groaning and sees the oppression of His people even when deliverance feels delayed?

Scripture Discussion | Exodus 6:7-9

- How do the promises God made in verse 7 shift the focus from mere physical rescue to a deeper spiritual relationship?
- Why did the Israelites choose not to listen to Moses?

Discussion Questions:

- Why is God's timing often different from our own, and how does this challenge you when you face delays or setbacks?

- Which of the seven promises God made in verses 6-8 will you use as encouragement when you are faced with difficult circumstances?

- In what ways can present-day "burdens" cause us to tune out God's promises just as the Israelites did?

Next Week’s Scripture: Leviticus 25:8-17 (NIV)

Outreach:

Ask two people the following question: In what specific areas of your life (e.g., sin, toxic relationships, fear) do you most need God's redeeming power the most right now?

Report your results in the group next week.