

Cell Notes - Sunday 7th March

Theme: 'God's promise of liberation is fulfilled'

Welcome: What sign of approaching Spring (yes I know we are in Spring but you know what I mean!) most excites you?

Worship: Consider the theme of God's liberation by reading Galatians 5:1 and reflect on the Freedom that Christ has won for us. Sing together a song or two of worship: 'There is a Redeemer', 'Thank you for saving me (what can I say)'

Word: How many times have you promised someone something and then failed to deliver? With the hectic pace of life and constant demands on our time, it is often hard to honour the commitments we make. In contrast, God always keeps his promises. His promise to the Israelites and to us is freedom so that we can serve him wholeheartedly.

- Read Exodus 4:29-5:2, 5:19-6:12
- God's promise to free the Israelites was opposed by Pharaoh, so God sent plagues on the land. Scan chapters 7-11. What plagues did God send?
- Why did God stop the plagues each time Moses asked him to do so, when he knew that Pharaoh would keep on resisting him?
- On one level the contest between Moses and Pharaoh was a spiritual one. What evidence can you find that a spiritual battle was going on?
- Jesus decisively defeated the power of Satan on the cross so what role do individual Christians and the church have in spiritual warfare?
- The liberation of people from Satan's grip is still God's mission. In what ways does slavery exist today?
- How did the fulfilment of God's promise work out even better than the Israelites expected (12:31-36)?
- What promises has God given you in the Bible? Has this passage encouraged you to trust God more?

Witness: In your subgroups pray through any issues arising from the study or struggles that some might have with trusting God's promises. Acknowledge any areas where you might still feel enslaved (guilt, fear, anxiety, bitterness) and thank Jesus that he has freed us from sin's power. Consider forming prayer triplets or meeting to pray with a friend this week in a more confidential setting.

John Coles' Sermon

Word: 'Living the life God Promised'

'Christianity is not so much what we do for Jesus. It's more about what Jesus has done, is doing and will do for us'

3. Destination

God promises to bring the Israelites into the land which he has promised them. For us too there is a better life coming and that which awaits us is worth enduring anything now for what will be then. When the Israelites complained they lost sight of what God had promised them. We need to get our eyes fixed on that final destination. We are heaven bound. If we have a right perspective on that then, we can have a right perspective on the troubles we face now. How might being a 'heaven-bound' people affect the way we live here and now? All this is what God has achieved for us - it is an adventure of faith and an adventure of knowing him better.