

From One Kingdom to Another — Discussion Questions

God rescues and forms a people whose life together reveals his good reign.

1. **A ruler's character shapes life under their authority.** What do Pharaoh's treatment of Israel and God's response to their suffering reveal about each ruler? Where do we feel the pressure today to measure people's worth—including our own—by what they produce?

2. **God rescues Israel before teaching them how to live in freedom.** Why does that order matter? How might receiving God's grace change our approach to obedience and spiritual growth?

3. **God says he brought Israel "to myself" (Exodus 19:4).** What does this reveal about the purpose of their rescue? How does seeing freedom as life with God deepen your understanding of what it means to belong to Jesus?

4. **In the wilderness, Israel must learn to trust God with daily bread.** Why can familiar ways feel safer, even when they have harmed us? Where might Jesus be inviting you to practise trusting him rather than reaching for your usual response?

Spiritual Practice - This Week's Spiritual Practice: A Pause of Trust

Israel's rescue began a journey of learning to trust the God who had brought them out. Even gathering daily bread became a place to practise dependence on him. We are learning too.

This week, choose one ordinary, recurring moment when pressure makes you reach for control. Let that moment invite you to receive Jesus' help and practise his way.

1. Notice the moment.
Take a few quiet minutes at the beginning of the week.

Consider when you tend to become impatient, defensive, or anxious to have things go your way. Perhaps it happens when someone interrupts you, plans change, or a familiar disagreement surfaces. Choose just one situation to pay attention to.

Ask yourself: *What am I afraid might happen here? What am I trying to protect or control?*

Bring what you notice honestly to Jesus. You do not need to tidy it up first.

2. Pause and remember whose you are.
When that moment comes, take a slow breath. If it helps, relax your hands.

Pray these words: *"Jesus, I belong to you. Teach me your way here."*

You do not have to feel completely calm before you can turn toward Jesus. The pause simply makes room to remember that He is present and that you can receive His help.

3. Listen and take one small step.
Before responding, listen—to the person in front of you and for what Jesus may be inviting you to notice.

Ask: *What might trusting Jesus look like in my next response?*

Perhaps you could ask a question before defending yourself, allow someone to finish speaking, acknowledge your worry, or release your insistence on having the final word. Sometimes trust may mean speaking a necessary truth with gentleness. **Choose one small response that reflects the way of Jesus.**

4. Look back with grace.
At the end of the day, spend two minutes reflecting:

- What did I notice about my usual response?
- Where did I make room to trust Jesus?
- What would I like to bring to him for tomorrow?

If you remembered the practice only afterwards, begin there. You can still pray, learn, and, where needed, return to someone with an apology.

Return to this same practice throughout the week. We are learning a way of life through small, repeated acts of trust. Then pray: *Jesus, thank you that I belong to you. Meet me where fear makes me grasp for control. By your Spirit, teach me to receive your care and follow your lead. Amen.*