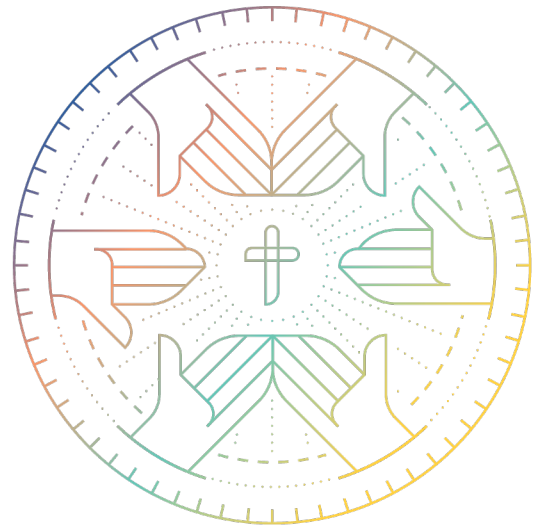


# Group Life.

WE ARE BETTER TOGETHER



## SMALL GROUP GUIDE

No Turning Back: “Captivity: Leaving What Enslaves You”  
Scripture Focus: Exodus 1-2

## ICEBREAKER

What is something you’ve tried to quit or leave behind in the past—whether a habit, mindset, or pattern?

OR

When you hear the word freedom, what comes to mind first: relief, fear, hope, or uncertainty? Why?

## INTRODUCTION

The book of Exodus tells the story of God leading His people out of slavery and into freedom—a journey marked by fear, faith, and failure. Once this journey begins, there is no turning back. Exodus literally means departure, and before God leads His people forward, He confronts what has enslaved them.

## INTO THE WORD

**Read Exodus 1:8–14, John 8:34, Galatians 5:1, and Proverbs 5:22.** Where do you see the difference between something being difficult and something being enslaving? What stands out to you about how fear and control shaped Pharaoh’s response? Where do you see modern parallels to this kind of captivity?

**Read Exodus 2:23 and Psalm 34:17.** What keeps people from crying out to God when they feel stuck or enslaved? Why do you think the Israelites waited so long before crying out to God? What is the difference between complaining about our situation and crying out to God for rescue?

**Read Exodus 2:24–25, Psalm 139:1–4, and Isaiah 43:1–2.** Which phrase—*God heard*, *God remembered*, *God saw*, *God knew*—is most meaningful to you right now, and why? How does knowing God is aware before He acts shape the way you wait on or trust Him?

## EMBRACE AND EMBODY

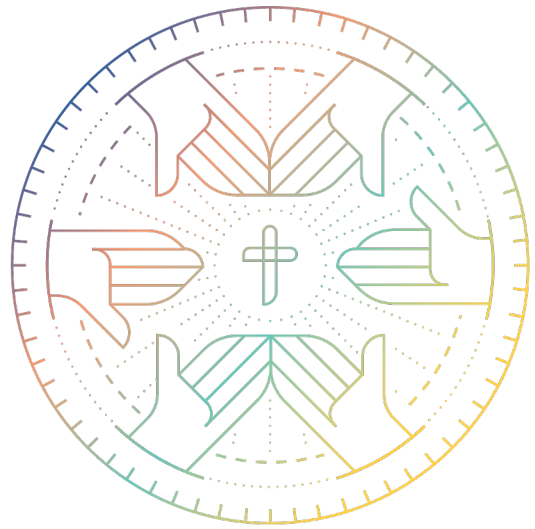
Freedom is not simply the absence of restraint. It is possible to be free externally but enslaved internally. Rescue does not come from willpower but from God alone. Freedom is choosing the right master.

Discuss the following questions with your group:

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- What might God be inviting you to leave behind in this season?
- Where have you confused familiarity with freedom?
- What would it look like to trust God with your next step?

## TAKE YOUR NEXT RIGHT STEP

*(Prayerfully consider one of the following potential next steps)*

- **Seek God Daily** – Recall the phrase “Freedom isn’t the absence of a master; it’s choosing the right one”. Take time to pray and ask the Holy Spirit to show you if there is anything enslaving you that you need to leave behind. Pray honestly about anything He reveals.
- **Build Deep Relationships** – Share anything you feel enslaving you with a trusted believer and ask for prayers to help you walk forward in freedom.
- **Worship God** – Consider the practice of fasting. Is there anything you need to fast from (food, technology, etc.) to help you trust and follow Jesus more closely? Commit your fast to God.
- **Live Generously** – Consider the statement “It’s not that you have things but that your things have you.”. Reflect on this statement and respond as prompted by the Holy Spirit.

## CLOSING PRAYER

*God, we confess that we sometimes settle for captivity instead of freedom. Thank You for hearing our cries and knowing our hearts. Help us leave what enslaves us and follow You forward. We choose You as our faithful Master. In Jesus’ name, Amen.*