

FREEDOM  
“*From Groan to Grace*”  
Exodus 1:15-21 and 2:23-25

- i. Thank God for your amygdalae-without it we would not be alive.
- ii. We live in a world where the amygdalae seem to be on constant alert.
- iii. The world says-work harder, try harder, meet that deadline tomorrow, find the cure for the cancer, a home for the homeless, water for the starving, a pathway to citizenship when time is running out, reach a budget deal before we run out of money.
- iv. The Israelites lived under a similar situation of anxiety.
  - a. They were enslaved.
  - b. Commanded by the King of Egypt to kill all male babies.
  - c. Midwives feared God, and Moses was taken in by the daughter of Pharaoh.
  - d. Moses interfered and saved the life of a Hebrew slave being beaten by an Egyptian foreman by killing the foreman. Moses fled.

WE CAN FIND FREEDOM FROM ANXIETY AND LACK OF MARGIN IN LIFE BY  
TAKING THESE TWO ACTION STEPS ...

I. GROAN A PRAYER FOR HELP

- a. The Israelites groaned to any god that would listen.
- b. The name of that God was the I AM.
- c. They cried out for Help! (Anne Lamott)
- d. God heard their groan.
- e. We too groan a simple prayer for God to help us!

II. WAIT FOR GRACE TO BEGIN TO WORK

- a. God remembered the groan.
- b. God looked on the Israelites and was concerned about them.
- c. God hears our groan and is concerned about us.
- d. Prayer is a surrender, an opening of the hands. This creates space for the I AM to take over.

Lenten Challenge: On the road to Freedom this Lenten season, will you commit to groan your prayer to God and wait for grace to take action?