

Take Heart: Jochebed

Jochebed

Lisa Surratt

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Read:

Exodus 2:1-3, 5-10; Psalm 55:22; 1 Peter 5:6-7; Philippians 4:6-7; Romans 8:28

Reflect:

Many of life's problems are out of our control. Whether it is romantic trouble, a health crisis, a parenting issue, or something else entirely, what do we do with cares we can't control? Pastor Lisa Surratt shares how Jochebed and her courageous actions work as an example of how we can cast our out-of-control cares to God.

What Do We Do With Cares We Can't Control?

1. **When we can't control our cares, we need to cast them.**
 - a. How is casting your cares different from just giving up?
 - b. How do you face a horrible situation with faith? Has there been a time when you had to cast your cares on to God? Explain.

2. **Look for help from the people God has put around us.**
 - a. How has God been strategic about who he has placed in your life? Has God ever sent you unexpected help?
 - b. What problems are you holding on to with which you might need help? Is there a ministry or group which you could call on?
 - c. Where do you need to be to help others?

3. **Watch god have the last word.**
 - a. How do Jochebed's actions remind us of how God has the last word?
 - b. How does the best you can do compare to the best God can do?

Respond

Where is God leading you? How can your small group support you?