

I have heard them crying

Exodus 3:7-10

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this show me about God?

God says he has seen, he has heard, and he knows — and then he says he has come down. What is God like?

2. What does it show me about people — and about me?

They had been crying out for a very long time before anything changed. What does waiting do to people?

3. What will I obey this week?

What have you been praying about for a long time? Will you tell God again this week?

4. Who will I tell?

Who feels like God is not listening to them? What will you tell them?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

God, your people cried for years and thought nobody was listening, and you had heard every word. Thank you that you are not deaf, even when it feels like you are.



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