



God Repeats Himself (Exodus 7:16–10:3)

Pastor Sam Murray | July 18 & 19, 2026

1. God repeated a phrase, "Let my people go, so that they may worship me," six times. What's a phrase or piece of advice you've heard so often from a family member/coach/teacher/friend that you still remember today?
2. In Exodus 10:3, God tells Pharaoh through Moses, "How long will you refuse to humble yourself before me? Let my people go, so that they may worship me." What does this passage reveal about God's heart for our freedom? Are there any habits, fears, or burdens where you need to remember that God is fighting for you?
3. Pastor Sam shared that freedom sometimes comes after a long fight, not a single moment. For example, you might be in "Round 5." Is there an area where you've been discouraged that freedom hasn't come faster? What would it look like to get back into the fight?
4. God didn't just free Israel from slavery — He freed them for worship. Read Romans 12:1. How does this scripture expand your understanding of worship beyond singing? How might this kind of worship show up in an area of your life?
5. Galatians 5:13 calls us to use our freedom to serve others, and Matthew 10:42 reminds us that even small acts matter to God. What is one simple act of service you've received or witnessed that had a bigger impact than you expected?
6. This week, pick one of the following to take an intentional step in:
 - Prayerfully ask God, "Where do you want to bring me greater freedom, and how do You want me to worship You because of it?" Take a step toward greater freedom or worship through singing, sacrificing, or serving.
 - Take a couple minutes to ask God for one phrase He wants to repeat to you. Write down the phrase that comes to mind, test it against what you know of Scripture, and repeat it out loud daily.