



GOD IS ABLE, Part 5: Able to Deliver
Sermon Small Group Notes
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- This Sermon Discussion Guide is only a tool to aid you in meeting the needs of your group. For most groups, there are too many questions to answer in one session together. After considering the needs of your group, you may choose one of the following options:
 1. one section of questions
 2. one or two questions from each section
- Feel free to adapt the format to meet the needs of your group. If your group is mature and wants to dig deeper, add Scripture and ask suitable questions. Remember that this is only a guide.
- Personal application is key to everyone's growth and should be included in every discussion. When asked how he or she intends to apply a certain principle a group member may say, "I need to spend more time in the Bible and in prayer." It is important for you to help group members make applications that are more specific and commit to a specific plan of action by asking, for example, "How are you going to begin?" An example is to get up 30 minutes earlier each morning, spending 15 minutes reading the Bible and 10 minutes in prayer. Encourage each group member to be accountable to the group for personal progress at the next meeting.
- As the leader your goal is to help bring the group into a stimulating discussion that helps the members recognize their need for personal life change. Ultimately you want them to be willing to commit to change with accountability to the group. Accountability helps us to persevere in our commitments and achieve the blessings of success.

USING THIS SERMON DISCUSSION GUIDE INTRODUCTION

Have you ever found yourself stuck? Have you found your resources, your friends, your family, and yourself exhausted? Emotionally, physically, and spiritually, we do ultimately reach our limitations. In fact, even in the gratifying of our earthly desires, especially when fueled by sin, there are diminishing returns. We can only sustain satisfaction for so long in our own strength. We are delusionally self-sufficient to the place of our own demise!

When it comes to the very essence of bondage or captivity, we need a deliverer! We can't get ourselves out, no matter how hard or long we try. The Good News is that Jesus Christ is our Deliverer. He can free you, the generations that follow, and even those around you that you don't even realize are influenced. A response is all He requires.

MESSAGE

Definition of bondage/captivity (Greek): "enslaved or a prisoner of war"

- A place you find yourself where life is *diminished*.

- It's not what God intended or you planned, but you cannot fix it, you cannot free yourself!

One of the Names of Jesus is DELIVERER = the one who opens the door and releases us from the prison!

God has already prepared a plan for your release from captivity! Here's a song from Scripture that shows God's heart for all of His people in bondage:

[Isaiah 35.3-4] (The Song of the Lord for those in Self-Imposed Captivity)

*³ Encourage the exhausted and
steady the knees that give way;
⁴ say to those with fearful hearts,
"Be strong, do not fear;
your God will come,
he will come with vengeance;
with divine retribution
he will come to save you."*

God is gracious and merciful. In fact, your enemies are the enemies of God, and He will bring vengeance. He is producing obedience in you that will release you from captivity and restore your strength. Something needs to come up in our hearts and spirits that says "enough is enough" to a very real enemy!

Consider some Old Testament examples that point prophetically to Jesus:

- Abraham: rescued Lot and his family from the burning city of Sodom
- Esther: rescued her nation, laying her life on the line
- Gideon: rescued from his own obscurity and called up to deliver a nation
- Boaz: rescued Ruth and her future, as a "kinsman-redeemer"
- Nehemiah: rescued and rebuilt his people and Jerusalem
- Moses: rescued his people through the Red Sea and led them to their inheritance

[Exodus 2.23-25]

²³ Years passed, and the king of Egypt died. But the Israelites continued to groan under their burden of slavery. They cried out for help, and their cry rose up to God. ²⁴ God heard their cry and he remembered his covenant promise to Abraham, Isaac, and Jacob. ²⁵ He looked down on the people of Israel and knew it was time to act.

Pain is God's megaphone to rouse a deaf world.

- C.S. Lewis

...Apart from Jesus, there is no such thing as a truly free person!, in order to escape slavery we must enter servitude to the highest power! All others are slave to self!

- Phillip Brooks (1893)

How We Experience Deliverance:

1. Recognize that you can't deliver yourself. (God initiates.)

[Matthew 5.3 (Message Version)]

You're blessed when you're at the end of your rope. With less of you there is more of God and his rule.

[Exodus 3.7-8]

⁷The LORD said, "I have indeed seen the misery of my people, I have heard them crying out.... and I am concerned about their suffering. ⁸So I have come down to rescue them."

2. Make some noise! (Cry out for help.)

[Judges 3.15]

But when the people of Israel cried out to the LORD for help, the LORD again raised up a rescuer (deliverer) to save them.

There is a time to meditate, and there is a time to make some noise, to lift up our voice. (Example: Blind Beggar Bartimaeus)

3. Don't reject "deliverers in disguise."

[Acts 7.25]

Moses thought that his own people would realize that God was using him to rescue them, but they did not.

God uses people, sometimes "unqualified" people, to deliver us!

4. Wait patiently for the Lord.

[Exodus 2.23]

After a long time, the king of Egypt died. The people of Israel groaned because they were slaves. They also cried out to God. Their cry for help went up to him.

Don't get impatient with God...He was patient with you!

5. Move out when the door is open.

The seasons and timelines are different between God and people. So, we need to be sensitive to those moments of deliverance and receptive to the process, however long it might take.

DISCUSSION QUESTIONS

1. What are some signs of when it is time to act, to call upon the Lord for help? How do you develop complete and total dependence on Him?
2. When was a time that you were "at the end of your rope" and you cried out to God? What was your deliverance like: instantaneous or a process? What steps were necessary?
3. Have you seen "deliverers in disguise" show up in your life or the life of a loved one? What caused them to first be overlooked?
4. Who are the people, in your life, to whom God is asking you to help bring freedom?
5. When a window of God's work opens it, how quickly are you in response time? Have you ever missed a moment, or delayed? Have you walked through the right doors at the right time? Describe either situation.