

Week 2

MOSES: Pressure, Fatigue, and Asking for Help

Overview: Moses faced massive leadership pressure – too many responsibilities, too much weight – and nearly collapsed under the load. God showed him (and us) that asking for help isn’t weakness – it’s wisdom.

Key Scripture: Exodus 17:7-13; 18:13-24

CONTENT

Key Takeaway: God never designed you to carry pressure alone – strength comes from God and community.

Overview of Moses: Moses grew up between two worlds; he was Hebrew by birth and Egyptian by upbringing. After running from his past, God called him to lead the entire nation of Israel out of slavery. The weight was likely overwhelming: constant needs, constant complaints, constant responsibility. Moses reached a point where he physically and emotionally couldn’t carry the burden alone. It was there that God provided help – through friends, community, and wise structure.

Key Points

- Key Pressure – Burnout, too much responsibility, being the “strong one” and pretending you’re fine.
- Moses was bearing the burden of responsibility (18vv13-18)
 - Doing everything himself; exhaustion disguised as responsibility
 - Connection: school + sports + expectations can lead to emotional overload
- Moses accepted help (17v11-12)
 - Aaron and Hur held up his arms
 - Connection: who is holding up your arms? Who knows the real you?
- God provided structure for relief (18vv21-24)
 - Delegation, Shared leadership, Sustainable rhythms
 - Connection: we need rest rhythms, support systems, and honest

Gospel Application: Jesus is the greater Moses who carries the weight we cannot. On the cross, He took the full pressure of sin, weakness, and exhaustion so we don’t have to prove ourselves or hold everything together alone. Because Jesus carried the ultimate burden for us, we can come to Him honestly, ask for help without shame, and find rest in His strength instead of our own. Jesus invites us: “Come to me...I will give you rest” (Matt 11:28).

Key Question: Where am I carrying pressure alone that I need to share with God and others?

APPLICATION

Activity Suggestions

- At some point in the message, pair up with a trusted friend, small group partner, or leader. Discuss any feelings of burnout or exhaustion and spend time praying for each other
- Have leaders/students give testimonies of when God has led them to rest or take steps to build good rhythms and how that has affected their walk with God.

Community Group Questions

- What about Moses' story felt relatable?
- Describe a time when you have felt burnt out by your commitments and expectations.
- Read Exodus 17:11-12 again. Who in your life is holding up your hands and bearing burdens with you?
- Along with that, who are you bearing burdens with? Whose hands are **you** holding up?
- Read Exodus 18:21-24. How does this system of leadership help Moses?