

Exodus

Plagues and Power - week 5

March 20, 2026

As we journey through Exodus together, create space to listen, reflect, and grow. There is no pressure to have the “right” answers – only an invitation to be present. Trust the Holy Spirit to lead the conversation and to gently shape your heart along the way.

Open up together:

- Have you ever had an unusual pet?
- Have you ever been in a situation where too many people were “in charge” or giving direction? What was that like?

Read Together:

Exodus 8:1-15,

“Then the Lord said to Moses, ‘Go to Pharaoh and say to him, “This is what the Lord says: Let my people go, so that they may worship me. If you refuse to let them go, I will send a plague of frogs on your whole country. The Nile will teem with frogs. They will come up into your palace and your bedroom and onto your bed, into the houses of your officials and on your people, and into your ovens and kneading troughs. The frogs will come up on you and your people and all your officials.”’ Then the Lord said to Moses, ‘Tell Aaron, “Stretch out your hand with your staff over the streams and canals and ponds, and make frogs come up on the land of Egypt.”’ So Aaron stretched out his hand over the waters of Egypt, and the frogs came up and covered the land. But the magicians did the same things by their secret arts; they also made frogs come up on the land of Egypt. Pharaoh summoned Moses and Aaron and said, ‘Pray to the Lord to take the frogs away from me and my people, and I will let your people go to offer sacrifices to the Lord.’ Moses said to Pharaoh, ‘I leave to you the honor of setting the time for me to pray for you and your officials and your people that you and your houses may be rid of the frogs, except for those that remain in the Nile.’ ‘Tomorrow,’ Pharaoh said. Moses replied, ‘It will be as you say, so that you may know there is no one like the Lord our God. The frogs will leave you and your houses, your officials and your people; they will remain only in the Nile.’ After Moses and Aaron left Pharaoh, Moses cried out to the Lord about the frogs he had brought on Pharaoh. And the Lord did what Moses asked. The frogs died in the houses, in the courtyards and in the fields. They were piled into heaps, and the land reeked of them.

But when Pharaoh saw that there was relief, he hardened his heart and would not listen to Moses and Aaron, just as the Lord had said."

List of plagues (1-9)

- **Water turned to blood** (Exodus 7)
- **Frogs** (Exodus 8)
- **Gnats or lice** (Exodus 8)
- **Flies** (Exodus 8)
- **Livestock disease (animal deaths)** (Exodus 9)
- **Boils (skin sores)** (Exodus 9)
- **Hail** (Exodus 9)
- **Locusts** (Exodus 10)
- **Darkness** (Exodus 10)

Reflect & Share:

- Growing up or earlier in life, how did you tend to think about God? What shaped that view?
- The message said the plagues were not random, but a way God revealed who He is. What stood out to you about that idea?
- Pharaoh had a worldview shaped by many competing powers. Where do you see a similar struggle for control or "competing voices" in your own life?
- The Hebrews had knowledge of God, but it had become distant or unclear over time. Can you relate to that? What does that look like in your own faith journey?
- Which of these statements do you most resonate with right now, and why?
 - God feels distant
 - God feels harsh or judgmental
 - God feels unreliable
 - I feel like I have to be in control
- The message described God as having **power with precision**, not chaos. How is that different from how you sometimes experience life?
- The question was asked: "*Who do I believe God to be, and where did I learn that version of God?*" What comes to mind for you as you reflect on that?

Pray Together:

Pray and ask God to gently reveal any ways your view of Him has been shaped more by past experiences than by who He truly is.

Ask Him to help you see Him clearly—through Scripture and through a real encounter with His presence this week.