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EXODUS 3:1-15

YBL prayer stations have been adapted/rewritten for the youth institute context. All credit goes to the original creators.

THEOLOGICAL THEMES

1. **God knows us – past, present, and future.** God calls Moses by name. God knows Moses' past and present. God also knows what Moses can become.
2. **We can know God**— an invitation to partnership. Need to emphasize both the immediacy (relationality) of God, as well as his separateness (His holiness). To live into our calling requires constant, regular encounters (plural) with God, where He begins to reveal to us who he is.
3. **God calls us**– even knowing our past. Moses' past was full of baggage & we have our insecurities. Despite all our limitations, God can make up for them. God is the God of the past, the present, and the future. "I am free to be who I want to be."
4. **God sees and hears the needs of others** – dealing with injustice. "I have indeed seen the misery of my people...I have heard them crying out...I am concerned about their suffering." God continues to see the injustices of the world today.
5. **God desires that we respond** – working in tandem with him to meet those needs. God may want to use our past in our future ministry. "I will go with you..." — The paradox of the calling.
6. **In the end, God is always glorified** – we need to celebrate God's work. God is God. Miriam's song of celebration.

AROMA OF CHRIST

"But thanks be to God, who always leads us in triumphal procession in Christ and **through us spreads everywhere the fragrance of the knowledge of him.** For we are to God **the aroma of Christ** among those who are being saved and those who are perishing. To the one, we are the smell of death; to the other, the fragrance of life. And who is equal to such a task? Unlike so many, we do not peddle the word of God for profit. On the contrary, in Christ we speak before God with sincerity, like men sent from God."
~2 Corinthians 2:14-17

Think about Moses' faith. He struggled to believe that he could rescue the Israelites. But the great I AM believed in Moses.

Think about a friend who is struggling with their faith. Take an index card from the pile in front of you. Write that person's name and decorate the card with words or pictures that make you think of that person.

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Spend some time praying for the person on the card.

After you have finished praying, read the Scripture passage again.

Then, choose a perfume. Lightly spray the card and yourself as a reminder that you can be the aroma of Christ in that person's life.

Take the card with you to remind you to keep praying for the person.

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PAINT GOD'S GLORY

"The heavens declare the glory of God; the skies proclaim the work of his hands. Day after day, they pour forth speech; night after night, they display knowledge. There is no speech or language where their voice is not heard. Their voice goes out into all the earth, their words to the ends of the world."
~ Psalm 19:1-4

Think about the nature that you see every day. Consider the wide range of colors that fill our world. The blue sky, green grass, and colorful sunsets...
Think about the bush that Moses saw on the mountain. God used that form of nature and creation to speak to Moses.

Use the watercolors provided to paint a prayer, praise, or way that you have seen God revealed to you through creation.

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MIRROR AND FINGER PRINT

"For you created my inmost being; you knit me together in my mother's womb.
I praise you because I am fearfully and wonderfully made;
Your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, You saw my unformed body. All the days ordained for me were written in your book before one of them came to be."
~Psalm139:13-16

Looking at Moses' whole life, he ran because he felt unworthy. How often do we all doubt if we are worthy?

When you look in the mirror, what do you see? Do you like the psalmist see someone that is 'fearfully and wonderfully made'? Does what you see make you want to praise?

You are made in God's image. You are loved by the Creator who is proud of you, the created.

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Look again at the mirror. Ask God to show you the real you— the you that God sees.

Consider God's words to Jeremiah:

"Before I formed you in the womb, I knew you, before you were born, I set you apart;
I appointed you as a prophet to the nations."
~Jeremiah 1:5

"For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you,
plans to give you hope and a future."
~Jeremiah 29:11

Make some prints of your thumb and fingers on the paper. Look at the pattern. Each fingerprint is unique, just as you are unique. You are made in God's image, and Jesus knew you before you were even born.

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TAKE A STAND

"See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland."
~ Isaiah 43:19

"He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."
~ Micah 6:8

"The Lord said, 'I have indeed seen the misery of my people... I have heard them crying out...I am concerned about their suffering." ~Exodus 3:7

God is calling Moses to do justice for the Israelites. God is asking Moses to humble himself and take part in God's mission.

What can you do to bring the LOVE OF JESUS to your world this week? What can you do this week to do justice, to love mercy, and to walk humbly with your God?

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Trace your foot on a piece of paper & on the Canvas Banner.
Write down in each footprint at least one way you will stand up for justice, love mercy, or walk humbly this week.

Some ideas:

I will pray for the needs of the world rather than complain.

I will thank God for my food, water, home, etc.

I will check out a website about global poverty.

I will give up one soft drink or one cup of coffee this week and donate the money to help end global poverty. (Could this become a weekly habit?)

I will be kind to someone I don't like or someone with whom I disagree.

I will ask Jesus to help me see those who need help around me.

I will give away the stuff I no longer use.

START where you live!
Take a Stand... Live Justly.

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BLOT OUT SIN

Take a couple of minutes and think about the sins that you have committed recently and are having a hard time letting go of. Write them down on a piece of paper.

"I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more."
Isaiah 43:25

Consider how God knew Moses' past after killing an Egyptian (Exodus 2:11-12), and still He called him to do mighty things.

What might be holding you back from believing that God can forgive your past and use you in big ways?

Confess your sins to God through prayer.
Then take the white out and blot out your written sins with the white out.

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GLOBE PRAYERS

Often, we get so wrapped up in our own lives and problems that we forget that there is a big world out there. We forget that God is working in the lives of people all over the world.

Take some time to read Psalm 33. Reflect on God's work in the world.

Spin the globe in front of you. Place your finger over a country and spend some time praying specifically for that country.

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PSALM 33:5-22

The LORD loves righteousness and justice;
the earth is full of his unfailing love.
By the word of the LORD were the heavens made,
their starry host by the breath of his mouth.
He gathers the waters of the sea into jars;
he puts the deep into storehouses.
Let all the earth fear the LORD;
let all the people of the world revere him.
For he spoke, and it came to be;
he commanded, and it stood firm.
The LORD foils the plans of the nations;
he thwarts the purposes of the peoples.
But the plans of the LORD stand firm forever,
the purposes of his heart through all generations.
Blessed is the nation whose God is the LORD,
the people he chose for his inheritance.
From heaven the LORD looks down
and sees all mankind;
from his dwelling place, he watches
all who live on earth—
He who forms the hearts of all,
who considers everything they do.
No king is saved by the size of his army;
No warrior escapes by his great strength.
A horse is a vain hope for deliverance;
Despite all its great strengths, it cannot save.
But the eyes of the LORD are on those who fear him,
on those whose hope is in his unfailing love,
to deliver them from death
and keep them alive in famine.
We wait in hope for the LORD;
He is our help and our shield.
21 In him our hearts rejoice,
for we trust in his holy name.
May your unfailing love rest upon us, O LORD,
even as we put our hope in you.

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HOLY SPACE

“‘Take off your sandals for the place you are standing is holy ground.’”
Exodus 3:5

This is holy space.
God is here— you are welcome.

This is your space to be with God.
And this is God's space to be with you.

Make yourself at home.
Be yourself.
Be real.
There's no rush.

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Let God love you.
Let God know you.

Let God heal you.
Let God speak to you.

Receive from God.
Commune with God.

Take a few moments to prepare your heart—reflect, pray, and examine yourself before the Lord.

Next, take the bread and say: “This is the body of Christ, broken for you.”
Eat the bread.

Now, take the cup and say: “This is the blood of Christ, shed for you.”
Drink the cup.

Spend some time in prayer, thanking Jesus for His sacrifice and grace.

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TIED IN KNOTS

Worrying can take up so much energy and time. Often, we go over our concerns in our minds over and over again, exploring all the “what ifs,” imagining the worst-case scenarios, becoming tense and regretful, and focusing only on ourselves.

Jesus says, “Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Isn't life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you, by worrying, can add a single hour to his life? And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore, do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.”

~Matthew 6

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Moses also expressed worry to God when he asked, “Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?”
~Exodus 3:11

BUT catch God’s response here.
God simply says to Moses: “**I will be with you.**”
~Exodus 3:12

As you choose a piece of string from the pile, think about the things in your life that you worry about. For each worry you identify, tie a knot in the string and pray, telling God about each concern and asking for help, trusting Jesus in this area.

If you are ready to release your worries to God, drop your knotted string in the bin and let God take care of them.

“And the peace of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.”
~Philippians 4:7

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WHAT DO I STILL LACK?

On one occasion, three would-be disciples came to Jesus and offered their discipleship with reservations or delays. He warned them that discipleship involved hardship, with total, immediate, and life-long commitment (Luke 9:57-62).

When we begin to follow Jesus, we shall soon realize that more is needed, and if we are honest enough or rash enough to ask, "What do I still lack?" The Holy Spirit will unerringly point out the one thing that we are least ready to surrender.

Moses also doubted when God called him to go save the Israelites, finding lack within himself and needing a reminder that God is the one who strengthens him.

What do you still lack?
Ask God what that is.
Write it on a piece of paper and burn it in the metal bowl.

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I AM

"Now Moses was tending the flock of Jethro, his father-in-law, the priest of Midian, and he led the flock to the far side of the desert and came to Horeb, the mountain of God. There, the angel of the Lord appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire, it did not burn up. So Moses thought, 'I will go over and see this strange sight– why the bush does not burn up.'

When the Lord saw that he had gone over to look, God called to him from within the bush, 'Moses! Moses!'

And Moses said, 'Here I am.'

'Do not come any closer,' God said. 'Take off your sandals, for the place where you are standing is holy ground.'"

You are on holy ground. God is here. Remove your shoes, if you wish, to remind yourself that God is with you at this moment.

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" . . . I AM WHO I AM. This is what you are to say to the Israelites: 'I AM has sent me to you.'"
~Exodus 3

In this Scripture, Moses is being called by God, and the Holy Spirit first reveals God's name:
I AM.

There are many other names for God used in the Bible. On the back of each card is a name for God.

Turn one over and meditate on this name for God.

What does it tell you about his nature?

What does it tell you about your relationship to the Creator?

What reassurance does it hold for your life?

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PRAYER JOURNAL

What is Jesus saying to you today? Maybe consider how God may be speaking to you in an unconventional way, as the Lord did with Moses and the bush.

At this station, you will find a prayer journal.

You may respond to God by writing your own thoughts here if you would like.

You can write a word, write a prayer, describe an event from today, draw a picture....whatever you wish to do.

This is your space to speak to God.

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FREE CREATIVE

Create your prayers with the supplies provided.

Feel free to display your work so others can worship with you.

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SUPPLIES NEEDED

Miscellaneous:

1. Some prayer stations are more reflective and do not require many supplies. Make sure students have their Bibles or place at least one Bible per prayer station.
2. Have plenty of writing utensils and paper available if students desire to jot things down.
3. Also consider having throw pillows, rugs, or blankets available for students to sit/find comfortable postures.

- Aroma of Christ
  - Index Cards
  - Markers
  - Various Perfumes/Scents
  - See Misc.
- Paint God's Glory
  - Watercolor Paints
  - Brushes
  - Watercolor Paper
- Mirror and Fingerprint
  - A Mirror
  - Ink Pads and Paper
  - See Misc.
- Take a Stand
  - Canvas Banner
  - Markers
- Blot Out Sin
  - White Out
  - See Misc.
- Globe Prayers
  - A Globe
  - See Misc.
- Holy Space
  - See Misc.
  - Communion Elements
- Tied in Knots
  - Various lengths and colors of cut string
  - A bin to collect strings
- What do I still lack?
  - Paper
  - Lighter
  - Metal Bowl

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SUPPLIES NEEDED

- I AM
  - Cards with Different Names for God (HOLY ONE, KING, COUNSELOR, ROCK, CREATOR, SAVIOR, DELIVERER, SERVANT, FATHER, TEACHER, COMFORTER, VINE, CORNERSTONE, DEFENDER, AUTHOR OF LIFE, LIVING WATER, ADVOCATE, CHIEF SHEPHERD, ABBA, HOLY SPIRIT, BRIDEGROOM, BREAD OF LIFE, ALPHA AND OMEGA (THE BEGINNING AND THE END), ALMIGHTY, MIGHTY ONE)
  - See Misc.
- Prayer Journal
  - A college-ruled journal
- Free Creative
  - Beads
  - String
  - Scissors (Both normal cut and different patterns)
  - Playdoh/ Clay
  - Scrapbook Paper
  - Markers and Colorful Pens
  - Glue Sticks
  - Stickers
  - Anything you can think of that would allow students to express themselves creatively.

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