

A Burden Shared

15th week in the series: Exodus: Journey to Freedom
Exodus 18:1-27

Do you ever do things, especially too many things, because of what people expect? Do you ever do things, especially too many things, because you think you're most qualified and no one else can do them as well as you? If so, you have much in common with Moses. His father-in-law has some advice for him—and us.

Discussion Questions:

1. Reflect on the way Moses and Jethro interact with each other and what we can learn from their relationship (Exodus 18:1-9).
2. Groundbreaking psychotherapist Hans Strupp, looking back on more than fifty years of research, came to this conclusion: "The simple incontrovertible truth, it seems to me, is that if you are experiencing difficulties, chances are you will feel better if you talk to someone you trust." What do you think? What has your experience been in talking to someone you trust.
3. Jethro has some advice for Moses, and Moses' prior experience has prepared him to receive it. What's some good advice that you've received, and how do you think you may have been prepared to receive it?
4. How do you think you might go about passing on what you know to others? To whom do you think you might pass it on?