

Quiet Walk

Discussion Guide for Small Group Meetings February 1 - February 7

(Based on Daily Readings for January 26 - February 1)

Icebreaker Question: In Exodus 5, Moses and Aaron had to stick together to face Pharaoh. If you had to pick a friend to help you with a tough task, who would it be, and why?

Weekly Review (Exodus chapters 1-7)

Exodus 1–7 tells the story of the Israelites' struggles in Egypt and the beginning of God's deliverance through Moses. The Israelites multiply and thrive despite oppression, leading Pharaoh to enslave them and order the death of Hebrew baby boys. Moses is miraculously spared, raised in Pharaoh's palace, and later flees to Midian after killing an Egyptian. God calls Moses from a burning bush to lead His people out of Egypt, assuring him of divine power and provision. Despite Moses' protests and doubts, God sends him, with Aaron as his spokesperson, to confront Pharaoh. Pharaoh hardens his heart, refusing to release the Israelites, even as God begins to display His might through signs and the first plague, turning the Nile to blood, setting the stage for His ultimate deliverance.

In your week's readings, what did you learn about God? What's one Bible passage or reflection thought that stood out to you?

Read Exodus 5

1. What does Pharaoh's response (v. 1-2) reveal about the challenges of obeying God's call in the face of worldly opposition? Have you ever experienced resistance when trying to follow God's leading in your life?
2. Pharaoh accused Moses and Aaron of disrupting the Israelites' labor in verses 3-5. Why do you think obeying God often feels harder before it gets better?
3. In verses 6-9, Pharaoh increased the Israelites' burdens after hearing God's command. What can this teach us about trusting God's timing?
4. How did the Israelites respond to their increased workload in verses 10-14? How can discouragement affect our faith when circumstances seem to worsen?
5. The Israelite foremen confronted Moses and Aaron, blaming them for their suffering (see Exodus 5:15-21). How should Christian leaders respond when facing criticism while following God's direction? How can we support leaders who are trying to obey God's call?

6. Moses questioned God when the situation seemed hopeless.(See Exodus 5:22-23)
What does this teach us about bringing our doubts and frustrations to God? How can we balance honesty with faith in prayer?
7. Reflect on Exodus 5 as a whole. Though God's plan for deliverance didn't happen immediately, His purpose was still unfolding. How does this chapter encourage us to trust God's bigger picture, even when we don't see results? How can you apply this truth to a current struggle?

Praise/Prayer

Quiet Walk

Discussion Guide for Small Group Meetings February 8 - February 14

(Based on Daily Readings for February 2 - February 8)

Icebreaker Question: The Israelites had to leave Egypt in a hurry and take unleavened bread in Exodus 12:34. If you were rushing out, what one item from your kitchen would you absolutely have to grab?

Weekly Review (Exodus chapters 8-14)

Exodus 8–14 recounts God’s deliverance of Israel from Egypt through ten plagues, culminating in the Passover and the death of the firstborn. Pharaoh’s resistance ends after this final plague, allowing the Israelites to leave. When Pharaoh pursues them, God parts the Red Sea for Israel to cross safely, destroying the Egyptian army. These events showcase God’s power, judgment, and faithfulness to His people.

In your week’s readings, what did you learn about God? What’s one Bible passage or reflection thought that stood out to you?

Read Exodus 12

1. Why do you think God emphasized such detail about selecting and preparing a lamb for the Passover (Exodus 12:1–6)? How can this teach us about obeying God in the "small details" of our lives?
2. The Israelites were instructed to put the lamb's blood on their doorposts as a sign for protection (Exodus 12:7, 13). What does this symbolize, and how does it point to Jesus as the Lamb of God? How can you apply this understanding to your faith journey?
3. Why was unleavened bread significant for the Israelites during the Passover (Exodus 12:15–17)? How does this relate to removing "spiritual leaven" from our lives today?
4. Reflect on the dual themes of deliverance and judgment in the tenth plague (Exodus 12:29–30). How can this help you respond to both God's justice and mercy in your life?
5. God commanded the Israelites to celebrate the Passover as a lasting ordinance (Exodus 12:24–27). Why is it important for us to remember and pass on stories of God’s faithfulness to future generations?

6. When Pharaoh finally let the Israelites go, they left quickly and received favor from the Egyptians (Exodus 12:31–36). How does this passage demonstrate God’s perfect timing and provision? Share a time when God provided for you in a surprising or timely way.
7. As the Israelites left Egypt, they transitioned from slaves to free people (Exodus 12:37–42). How does this story parallel the spiritual freedom we receive in Christ? What areas of your life might God be calling you to walk away from to fully embrace His freedom?

Praise/Prayer

Quiet Walk

Discussion Guide for Small Group Meetings February 15 - February 21

(Based on Daily Readings for February 9 - February 15)

Icebreaker Question: If you could explore any "Promised Land" (a dream destination or opportunity), where would it be, and what would you bring with you?

Weekly Review ([Exodus chapters 19 - Deuteronomy 1](#))

Exodus 19–20 recounts the Israelites' arrival at Mount Sinai, where God establishes His covenant with them, delivering the Ten Commandments as the foundation of His law. In Exodus 32 the people sin by worshiping a golden calf, prompting Moses to intercede for them and God to demonstrate both justice and mercy. Leviticus 16 outlines the Day of Atonement, a sacred ritual where the high priest makes atonement for the sins of the people through sacrifices and the scapegoat, symbolizing the removal of sin. Numbers 13–14 describes the Israelites' failure to trust God's promise when the spies report on the land of Canaan; their fear and rebellion result in God's judgment, condemning the generation to wander the wilderness for 40 years. Deuteronomy 1 reflects Moses' review of Israel's journey, emphasizing their disobedience, God's faithfulness, and the lessons they must carry into the Promised Land.

[In your week's readings, what did you learn about God? What's one Bible passage or reflection thought that stood out to you?](#)

Read Numbers 13

1. When God told Moses to send spies into the land He was giving the Israelites (Numbers 13:1–2), what does this reveal about His promises? How does this challenge us to trust God even when we can't see the full picture?
2. Moses instructed the spies to observe the land and its people carefully (Numbers 13:17–20). What does this teach us about balancing preparation and faith? How can you apply this in decisions you face today?
3. After 40 days, the spies returned with evidence of the land's abundance (Numbers 13:25–27). How does this reflect God's faithfulness? Can you share a time when God has shown His faithfulness in your life?
4. The spies noticed the fortified cities and strong people living in the land (Numbers 13:28–29). How do we sometimes focus more on obstacles than on God's promises? What can help us trust Him in the face of challenges?

5. Caleb boldly encouraged the Israelites to take the land despite the challenges (Numbers 13:30). What stands out to you about his confidence in God? How can his example inspire you to trust God in your own life?
6. The spies said, “We seemed to ourselves like grasshoppers” compared to the people in the land (Numbers 13:31–33). How do we sometimes allow fear or insecurity to distort how we see ourselves? How can understanding your identity in Christ help you overcome these feelings?
7. Caleb and the other spies gave conflicting reports about the land (Numbers 13:30–33). How can fear or faith influence a group’s perspective? What steps can you take to ensure your influence encourages faith in others?

Praise/Prayer

Quiet Walk

Discussion Guide for Small Group Meetings February 22 – February 28

(Based on Daily Readings for February 16 - February 22)

Icebreaker Question: What's one piece of advice or wisdom you heard growing up that has stuck with you—and do you think it aligns with loving God fully?

Weekly Review ([Deuteronomy 2](#) - [Deuteronomy 8](#))

Deuteronomy 2–8 recounts Moses' address to the Israelites as they prepare to enter the Promised Land, emphasizing God's faithfulness and guidance throughout their journey. In Deuteronomy 2–3, Moses reviews Israel's past victories over powerful nations like Sihon and Og, showcasing God's power and provision. Chapters 4–6 stress obedience to God's laws as a response to His covenant love, including the Shema ("Hear, O Israel: The LORD our God, the LORD is one"), a central declaration of faith. Moses warns against idolatry and reminds them to teach God's commands to future generations. Chapters 7–8 highlight God's promises to bless Israel if they remain faithful while warning against pride and forgetfulness when they experience prosperity. Through these chapters, Moses underscores that their success depends entirely on God's grace and their obedience to His Word.

[In your week's readings, what did you learn about God? What's one Bible passage or reflection thought that stood out to you?](#)

Read Deuteronomy 6

1. In Deuteronomy 6:4-5, we are called to "love the Lord your God with all your heart and with all your soul and with all your might." What does this kind of love look like in real-life situations, and how can we live it out consistently?
2. Verse 6 says, "These words that I command you today shall be on your heart." How do you ensure that God's Word moves from something you know in your mind to something you cherish deeply in your heart?
3. Deuteronomy 6:7 instructs us to diligently teach God's commandments to our children and discuss them throughout daily life. What opportunities do you see in your routine to incorporate Scripture into conversations with others?
4. In verse 8, it says to bind God's commandments "as a sign on your hand" and to make them "frontlets between your eyes." How might we visibly or symbolically keep God's Word central in our lives today?

5. Deuteronomy 6:9 speaks of writing God's commands "on the doorposts of your house and on your gates." How can we make our homes or workplaces reminders of God's presence and His Word?
6. The passage warns in verses 10-12 not to forget the Lord after experiencing His blessings. How can we guard against spiritual forgetfulness in times of abundance?
7. Deuteronomy 6:13 says, "It is the Lord your God you shall fear." What does healthy fear of the Lord mean, and how does it shape the way you approach worship, obedience, and trust?

Praise/Prayer