

GOD'S RESCUE PLAN

The background image is a composite of a beach and a stormy sea. In the foreground, a path of golden sand leads from the bottom center towards the horizon. The sand has a distinct ripple pattern. On either side of the path, the ocean is turbulent, with large, dark blue waves crashing. At the end of the path, a bright, glowing light emanates from the horizon, creating a lens flare effect that illuminates the scene.

A Journey Through Exodus

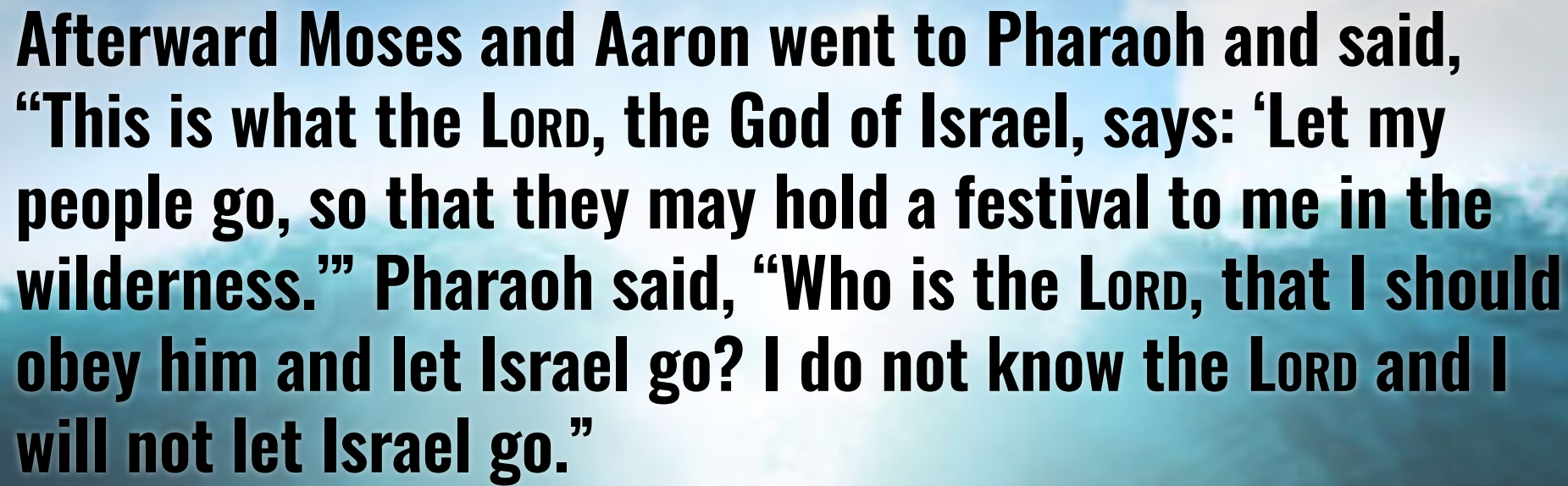
The Punchline

**When something is holding you back,
remember God has your back**



Recap

- ★ Israelites are held captive in Egypt
- ★ Moses is set apart by God
- ★ Moses is called to lead God's people out of Egypt
- ★ God says "Go"



Afterward Moses and Aaron went to Pharaoh and said, “This is what the LORD, the God of Israel, says: ‘Let my people go, so that they may hold a festival to me in the wilderness.’” Pharaoh said, “Who is the LORD, that I should obey him and let Israel go? I do not know the LORD and I will not let Israel go.”

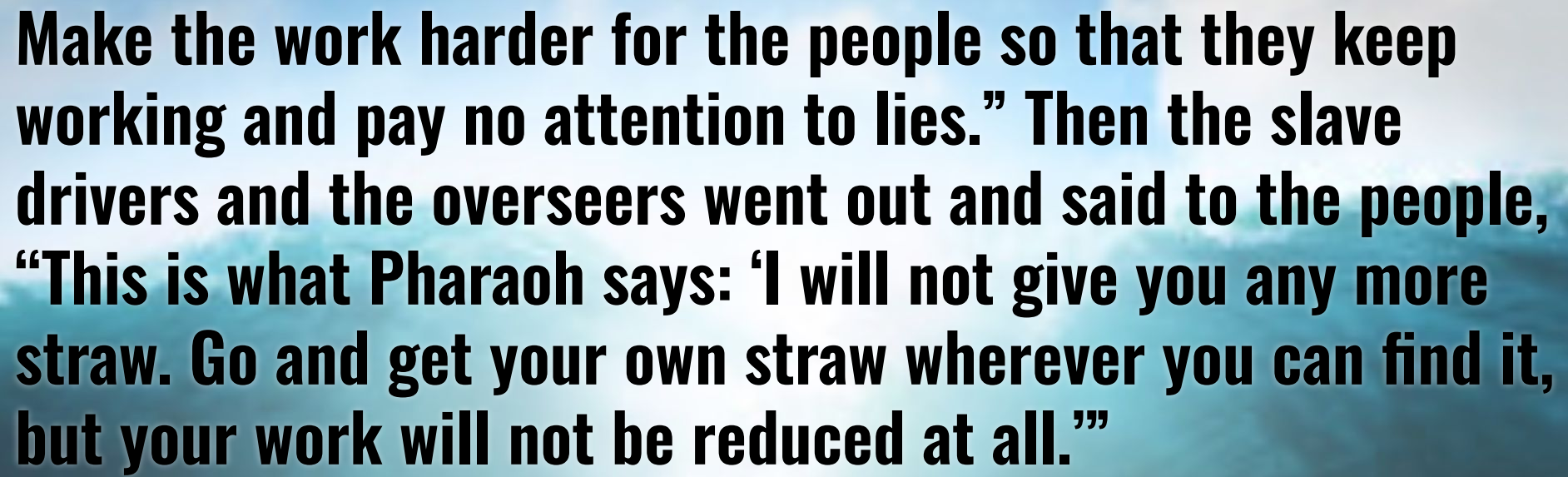
Exodus 5: 1-2 NIV

Then they said, “The God of the Hebrews has met with us. Now let us take a three-day journey into the wilderness to offer sacrifices to the LORD our God, or he may strike us with plagues or with the sword.” But the king of Egypt said, “Moses and Aaron, why are you taking the people away from their labor? Get back to your work!” Then Pharaoh said, “Look, the people of the land are now numerous, and you are stopping them from working.

Exodus 5: 3-5 NIV

That same day Pharaoh gave this order to the slave drivers and overseers in charge of the people: “You are no longer to supply the people with straw for making bricks; let them go and gather their own straw. But require them to make the same number of bricks as before; don’t reduce the quota. They are lazy; that is why they are crying out, ‘Let us go and sacrifice to our God.’

Exodus 5: 6-8 NIV



Make the work harder for the people so that they keep working and pay no attention to lies.” Then the slave drivers and the overseers went out and said to the people, “This is what Pharaoh says: ‘I will not give you any more straw. Go and get your own straw wherever you can find it, but your work will not be reduced at all.’”

Exodus 5: 9-11 NIV

So the people scattered all over Egypt to gather stubble to use for straw. The slave drivers kept pressing them, saying, “Complete the work required of you for each day, just as when you had straw.” And Pharaoh’s slave drivers beat the Israelite overseers they had appointed, demanding, “Why haven’t you met your quota of bricks yesterday or today, as before?”

Exodus 5: 12-14 NIV

Pharaoh

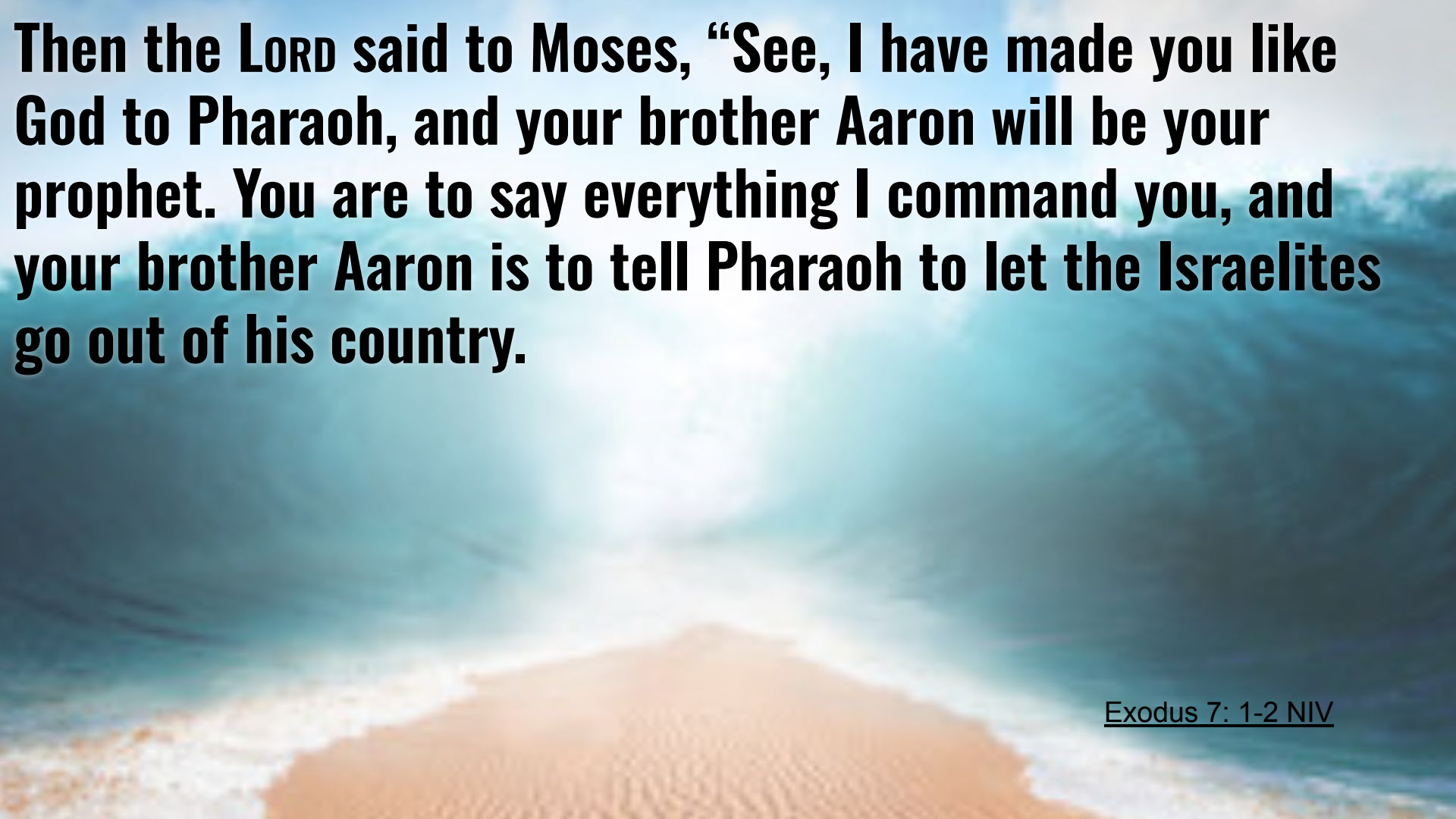
- ★ He is holding the Israelites back
- ★ He feels God is challenging his authority
- ★ Wants to punish the Israelites further
- ★ His word mattered more than God's

Travel Mug



What Is Holding You Back?

- ★ **Think about the external factors**
- ★ **Work**
 - **An unnecessary hold?**
- ★ **Relationships**
 - **Intentionally or unintentionally keeping you from God**



Then the LORD said to Moses, “See, I have made you like God to Pharaoh, and your brother Aaron will be your prophet. You are to say everything I command you, and your brother Aaron is to tell Pharaoh to let the Israelites go out of his country.

Exodus 7: 1-2 NIV

But I will harden Pharaoh's heart, and though I multiply my signs and wonders in Egypt, he will not listen to you. Then I will lay my hand on Egypt and with mighty acts of judgment I will bring out my divisions, my people the Israelites. And the Egyptians will know that I am the LORD when I stretch out my hand against Egypt and bring the Israelites out of it."

Exodus 7: 3-5 NIV

The Plagues

- ★ Blood
- ★ Frogs
- ★ Gnats
- ★ Flies

The Plagues

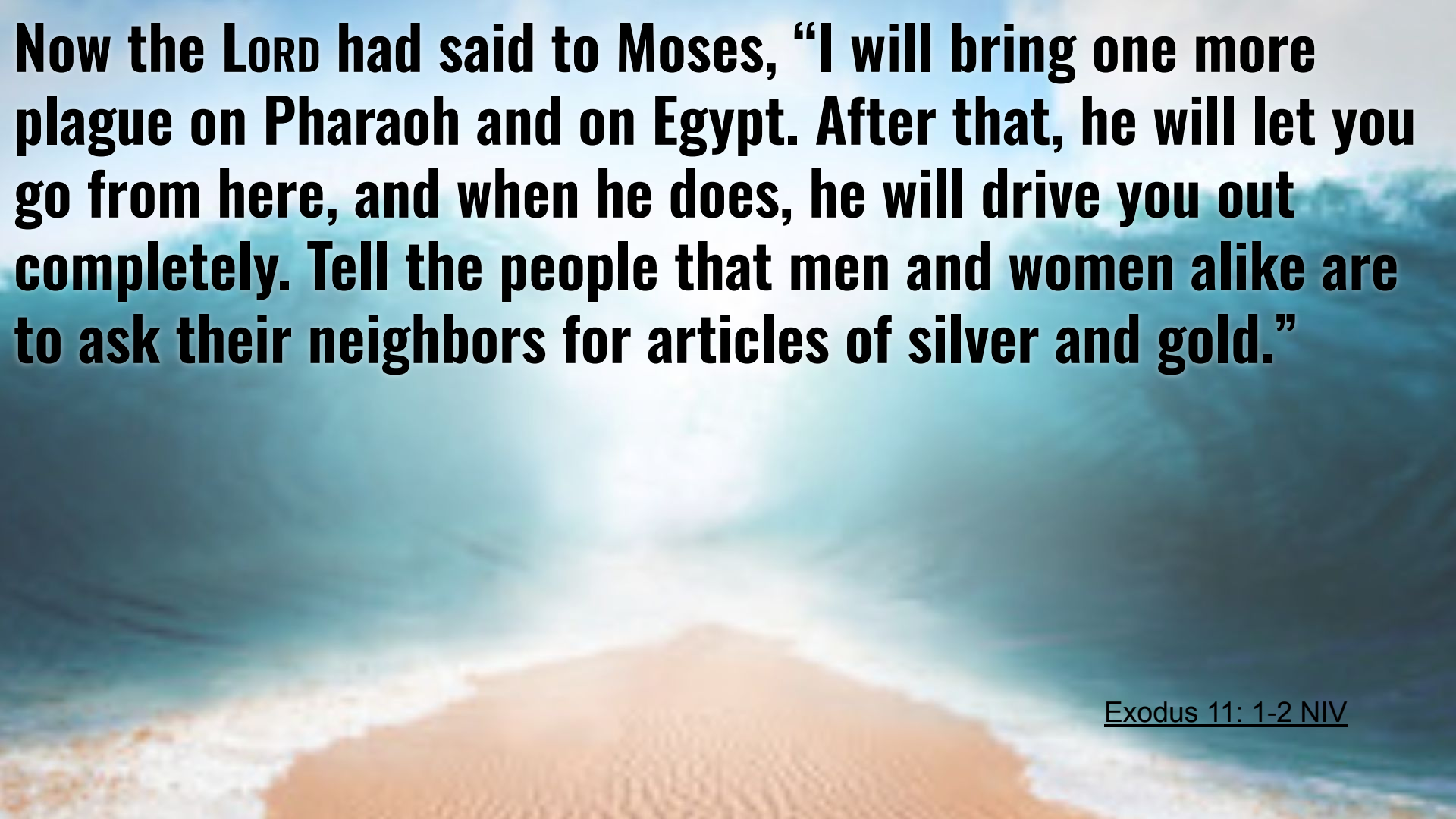
- ★ Livestock
- ★ Boils
- ★ Hail
- ★ Locust
- ★ Darkness

Not Pretty, But Effective



What Is God Doing?

- ★ **Where is God showing Himself and protecting you?**
 - **Restructure at work**
 - **Change in heart of a person**
 - **Separation from someone**
- ★ **God doesn't want anything keeping you from Him**



Now the LORD had said to Moses, “I will bring one more plague on Pharaoh and on Egypt. After that, he will let you go from here, and when he does, he will drive you out completely. Tell the people that men and women alike are to ask their neighbors for articles of silver and gold.”

Exodus 11: 1-2 NIV

(The LORD made the Egyptians favorably disposed toward the people, and Moses himself was highly regarded in Egypt by Pharaoh's officials and by the people.) So Moses said, "This is what the LORD says: 'About midnight I will go throughout Egypt. Every firstborn son in Egypt will die, from the firstborn son of Pharaoh, who sits on the throne, to the firstborn son of the female slave, who is at her hand mill, and all the firstborn of the cattle as well.

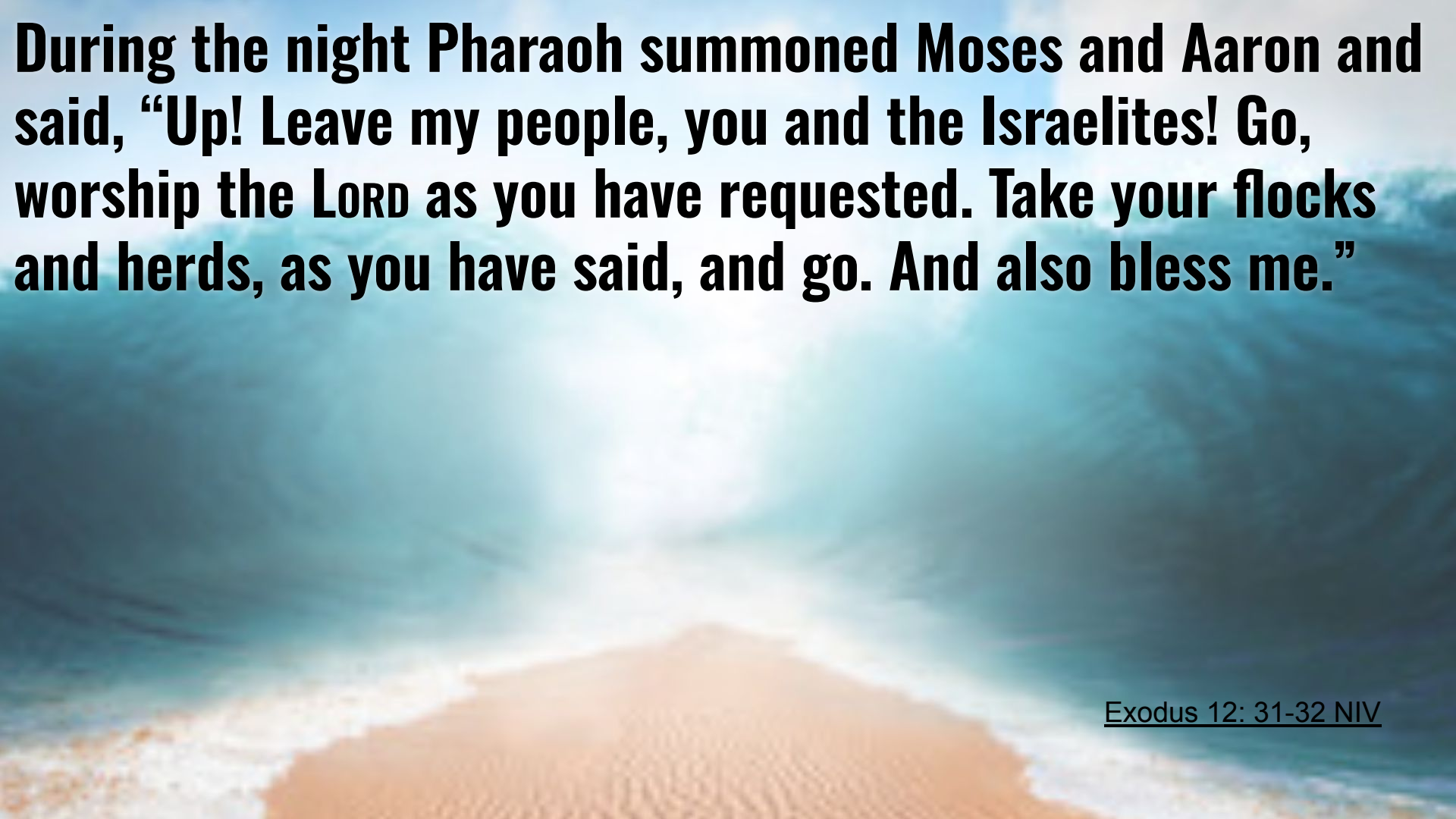
Exodus 11: 3-5 NIV

There will be loud wailing throughout Egypt—worse than there has ever been or ever will be again. But among the Israelites not a dog will bark at any person or animal.’ Then you will know that the LORD makes a distinction between Egypt and Israel. All these officials of yours will come to me, bowing down before me and saying, ‘Go, you and all the people who follow you!’ After that I will leave.” Then Moses, hot with anger, left Pharaoh.

Exodus 11: 6-8 NIV

At midnight the LORD struck down all the firstborn in Egypt, from the firstborn of Pharaoh, who sat on the throne, to the firstborn of the prisoner, who was in the dungeon, and the firstborn of all the livestock as well. Pharaoh and all his officials and all the Egyptians got up during the night, and there was loud wailing in Egypt, for there was not a house without someone dead.

Exodus 12: 29-30 NIV



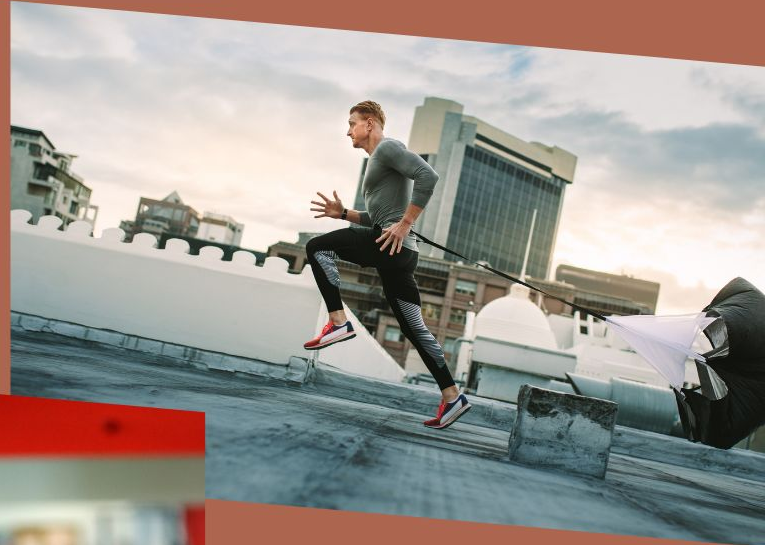
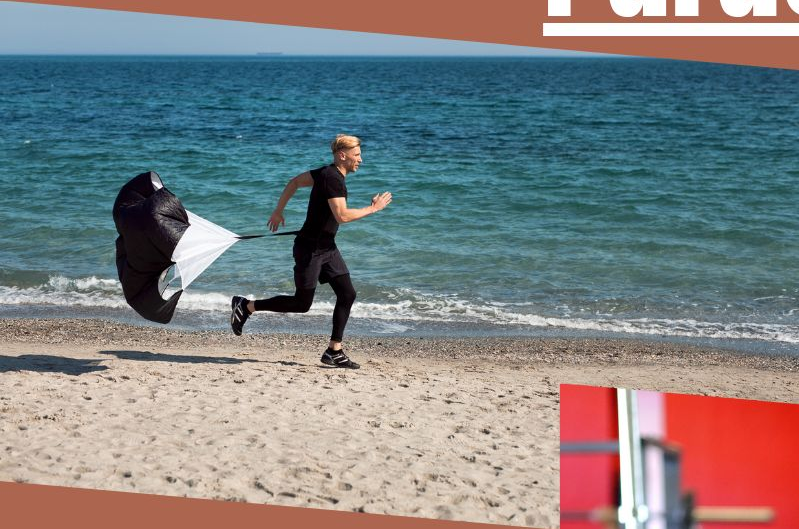
During the night Pharaoh summoned Moses and Aaron and said, “Up! Leave my people, you and the Israelites! Go, worship the LORD as you have requested. Take your flocks and herds, as you have said, and go. And also bless me.”

Exodus 12: 31-32 NIV

The Final Plague

- ★ All firstborn sons will be killed
- ★ Egypt will now cry
- ★ Israelites will be protected
- ★ Pharaoh tells the Israelites to go
- ★ God is stronger than Pharaoh

Parachute Runs



God's Strength / Your Release

- ★ God can and will release what is holding you back
- ★ God wants His people to be near Him and be able to follow Him
- ★ Trust that God will do His part

Wrap Up

- ★ **There are things that hold us back from God**
- ★ **God wants to break those things down**
- ★ **God wants to release you**
- ★ **God has your back**

Audio file

[The Plagues Audio.mp3](#)

Transcript

Why did I ask this really lovely question, but all these terrible things? Well, because these are all parts of the plagues in the book of Exodus. Maybe you're familiar with them. Maybe you're not. Either way, totally great. We're going to talk about them today, and in particular what God was doing by bringing the plagues and what we can kind of do with that. Today there is lots been said and written about the plagues, and I'll be honest, I was back and forth all week. Like how do we take these plagues that happened so long ago in a very specific context and use? Them today we're going to take a stab at it and see what we can do and what I want to do with it is kind of think about the plagues in this way that it was God showing his power. To Egypt to Pharaoh, and also to the. But to release them from what was holding them back because the Israelites are in captivity, they're being held slavery by Egypt. They're being held back from what God wants them to do. So the plagues are really God showing his power and how he can bring them back. So kind of the punch line would be this when something is holding you back, remember that God has your back, right? That God is there. Behind you and with you something is holding you back. If you haven't been with us the last couple of weeks, real quick recap as to what's going on in Exodus. To catch this. Up where the Israelites God's people being held captive in Egypt? Alright, Julie kind of explained a few weeks ago how we got there and what's going on. So then last week we talked about Moses kind of the most familiar character of Exodus, one of the more familiar characters in the Bible. He was born and he was called by God. God called him through the burning Bush to take the Israelites and lead them out of Egypt out of slavery into the promised land. God showed Moses. He's going to be able to do this by using science. You know, he turned his staff into a snake and and showed some other signs to prove to Moses. Hey, I'm legit. And your brother Aaron. He's going to help you. He's going to be your mouthpiece. So then God said to Moses. Kind of. Towards the end go. Go do this. It's present. We're going to do this now. So today Moses starts. He goes to Pharaoh and we're going to find out what happens. We're going to start with Exodus 5. Verses one through 14. It is marked in your Bibles on the table. It will also all be up here behind me. We'll jump around to a couple chapters today, but we're going to start. Chapter 5 verses one through. 14 here is what it says. Afterward, Moses and Aaron went to pharaoh and said this is what the Lord, the God of Israel, says. Let my people go so that they may hold a festival to me in the wilderness, Pharaoh said. Who is the Lord that I should? Obey him and. Let Israel go. I do not know the. Lord, I will not let. Israel go, then, they said. The God of the Hebrews has met with us now. Let us take a three day journey into the wilderness to offer sacrifices to the Lord our God, or he may strike us with plagues or with the sword. But the king of Egypt said Moses and Aaron. Why are you taking the people away from their labor? Get back to work then? Pharaoh said. Look the people of. The land are non numerous and you are stopping them from working that same day Pharaoh gave this order to the slave drivers and overseers in charge of the people. You're no longer to supply the people with straw. Making bricks. Let them go, gather their own straw, but require them to make the same number of bricks as before. Don't reduce the quota. They're lazy. That is why they're crying out. Let us go and sacrifice to our God. Make the work harder for the people so that they keep working and pay no attention to lies. Then the slave drivers and the overseers went out and said to the

people this is what Pharaoh says. I will not give you any more straw. Go and get your own straw wherever you can find it, but your work will not be reduced at all, so the people scattered all over Egypt to gather stubble to use for straw. The slave drivers kept pressing them saying complete the work required for you each day. Just as you did when you had the straw and Pharaoh, slave drivers beat the Israelite overseers, they appointed, demanding why haven't you met your quota of bricks yesterday or today? As before, we will stop there. Right. So what's holding the Israelites back? Here's where we're going to learn what's actually holding them back. And it's fair. It's just dude, Pharaoh the king. The guy in charge. So he's holding him back. So as God commands Moses and Aaron go to him. They say we have a message from God that you need to let our people go. We're going to go into the wilderness to hold this festival. And Pharaoh is pretty arrogant guy, right? He's in charge of all this thing. A lot of people, the ton of power. We got some arrogance, some cocky. He's like, who's God? Why should I listen to him? Now? Some people will say this is more of a question. Hey. Who's God? I don't know this guy. I don't think that's the way Pharaohs saying. It it's more of a who's God, I'm. God feels like. I'm the most important. He feels God is challenging his authority as. The all powerful. Pharaoh, it's like uh, this is my. Thing this gets. Feral. All kinds of hot and bothered. Because somebody's challenging him. Moses and Aaron are here trying. To take people from their work, these people work. For fail, they make the things he's. Like. No, no, no. You get back to work. He's so upset that he. Wants to punish the Israelites even further now. So the bricks that they were making, this was kind of their job. They were made with mud. What they did is they had straw that was put rounded to kind of help hold the bricks together and support them to reinforce it. Now usually the straw was gathered for the Israelites. They make the bricks and they have the straw here to reinforce it now feels like. No, no, no. You're going to make the bricks, but also you're going to go out. And all your own straw and gather it and bring it back. Plus you still have to make the same number of bricks as you always did. The same quota. And he tells his overseers, his people go out and tell him this. It's because they're lazy, right? That's why they want to go into the wilderness, right? It's not because they necessarily want to go to God. They just. He says go out and say this is what Pharaoh says, doesn't matter what God says, matters what Pharaoh says. And then when the crews couldn't meet their quota, the Israeli foreman were beaten for it. So in essence, this idea that Pharaoh's word mattered more than God, he was what was holding them back? Pharrell held them back from doing what God wanted them to do. He kind of kept them in and tight. I have. Well, apparently lots of beverage options up here today. Those two actually use. This is strictly for illustration purposes. This is an insulated coffee mug. If you are unfamiliar, this is fantastic. Mug Stacy and each have one. This will keep it hot and it won't let things spill. That's what a good travel mug will do, right? If we put something hot in here in the morning. Is hot till the afternoon. It also it won't spill. There's nothing in it right now. But if I take that curve a little hot, you know, a little too fast and it tips, it's not going to spill, right? It doesn't leak. It keeps the liquid in and it keeps it controlled by temperature. Faro. Is like the mug to the Israelites liquid inside. OK, he's keeping them and he's keeping them controlled. They can't spill out. They're staying at exactly the temperature he wants. He is holding them back, and he's holding them away from God. So what is holding you back? What? Is your version. Of the mug. All right, so here's the thing with this. There are Christians today that are legitimately oppressed. There are countries where it is illegal to be a Christian. Or talk about. God, where you can be jailed, beaten or killed for. Thankfully, we here do not face that same fate, right? But I still want to bring it to our own context for us, very often, what's holding us back from God? A lot of it tends to be ourselves, our own sin, our own struggles, our own pride, our own attitudes. And I could go on and on and. On on them. But that's not really the point for today. We're going to get there in a few weeks. With idols and everything like that

and kind of. On us, but they're going to look at more external factors. I guess I would say things that are holding you back that are a little more out of control out of your own control. Again, your own version of this mug, but something that you need God to release you from so you can be with Him and I'm. Going to bring up a few. They're not exhaustive, they may not apply to you. Mostly, but maybe it'll get you thinking about hey, what is? Building back from God, so the first one I'll bring up is work, or workaholicism, as we would say it does work, have an unnecessary hold on you. A hole that prevents you from hearing from God talking to God, being with God. It could be the job, the time your job requires, the strain it puts on you. The attitudes of the people there now this is more than just. I really like my job. I don't want to do it. I don't want to do this project. There this is work isn't necessarily a problem in that way. But this is something. That's really keeping. You from getting? It's so bad, it just sours your view and your relationship with God or makes you neglect him. Gets all of your energy. So work is a possibility. The other one is relationships. Any kind family, friendship, coworkers. Romantic your neighbors. Any of them? Are there people? That kind of keep you from God, and sometimes this happens intentionally. There are people that will straight up. You'll be in your life and say don't believe that God's not real. You need to get away from that or stop. You should be a part of that. And then there's the unintentional side. Maybe there's always wanting to do things that are keeping you busy that you can't be at things, or you can't get the time you need with God, or they have an attitude or behavior that keeps you from God. So there's just some external factors that could keep you from God that could be holding you back, and there are others. So think about do we have any of those? Right? The Israelites had Pharaoh doing this to them. So then God jumps in. Here's we're going to start seeing the plagues. Let's look at Exodus 7 versus one through 5. Then the Lord said to Moses. See, I've made you like God to Pharaoh and your brother Aaron will be your prophet. You are to say everything. I command you and your brother Aaron is to tell Pharaoh to let the Israelites go out of his country. But I will harden Pharaoh's heart. And though I multiply my signs and wonders in Egypt, he will not listen to you. And then I will lay my hand on Egypt and with mighty acts of judgment, I will bring out my divisions. The people, the Israelites and the Egyptians will know that I'm the Lord when I stretch out my hand against Egypt and bring the Israelites out, we'll stop there. God's going to respond, right? God's gonna act now. He's gonna respond to fair. He's going to show who he is. He's going to show his power. Last week we talked about how we kind of. We talked about it as showing your work. So God showed his work to Moses and showed who he was. Now it's coming to the Israelites and the Egyptians. So there's a total of 10 plagues. We're going to briefly summarize the first nine. These occur in chapter seven through 10 of Exodus. Not going to read them all, but I'm going to summarize them. This again is where our connection question came from. So you all kind of like picking them be like, well, I would take this one or this one. What if they're going at? The same time place it all happens the same time, but they add it up. And throughout this, throughout this, God is showing Pharaoh his power that he eventually wants his people released. So the first one is the blood. What happens here is something changes the water color to red and the water became undrinkable and probably killed all the fish that the people ate. They didn't seem bothered by this one too much. As his magicians could do the same thing, many commentators have said, and I would agree, would have been even better. Maybe if Pharaoh said his magicians, hey, turn it back to water. He didn't do that, but they could also replicate it. So Pharaoh didn't. Really care. So the blood's over. Then we go to the. Rocks. This is where uncontrollable frogs come. They invaded everywhere and everything. They're probably driven up out of the water because the water is whatever it is now. And this one apparently gets to Ferrell, right? Farrah did not have the same love for frogs that Eliana might have Pharrell's, like make it stop. And then it does. Then he changes his mind and says Nope, no, people can't go. They gotta

stay. Now we have the Nats, probably mosquitoes full. This would have been my least favorite would be. The swarming insects doesn't go well for me fairies. Magicians couldn't replicate this one. He'd asked him to. They couldn't do it. But he still doesn't care, so he won't let. The people go from that's we go to flies. We're not sure if they would have been biting flies. Big flies, most likely what they're doing though is they're the disease carriers because when the frog plague ended, they were just killed. They just dropped dead. And now they're riding into kings. Now we got the flies, right? We've all seen that nastiness on the sidewalk or on the road. The flies are all over it. And they're going to spread. So, Pharrell, Lentz. OK. OK, people can go. Nah, not really, though. He backtracks again. They got to stay. Now is where I think the plagues to me, this next one, the plague kind of kick it up a little bit, he. Goes to livestock. So all of Egypt's livestock gets sick, quite possibly from the disease that these flies are spreading. So they're spreading the disease. Egypt's livestock were sick. Or killed. And they don't have. But Israel's livestock, the Israelites, was protected. Theirs was fine. God's looking out for his people here, while still kind of getting at the Egyptians again for some reason doesn't seem to face Pharaoh. So we move on to the boils. This one gets even a little more personal. Think about pain. A rash. Burn or something? Yeah, I know. It's nasty. That's the point. An infection on the body. That's what the next one that comes. And Pharaoh, maybe he's going to relent. We're not sure. But it says in this part. God hardened his. Heart as if God's like I'm not done yet. I'm going to keep showing you what I got, so now it brings the hail. This would have been the worst storm they have seen. Anything left outside was hit, damaged, destroyed. This included the craps that people ate. However, there is one region called Gasha, and that was spared. That's where the Israelites were. Once again, God protected his people through this, so fair admits he sinned here, right? He said. I did it. I sinned and it all stops. Then once again he hardens his heart and he goes back. We got two more. Next come the locusts. So the locusts flying in from what I understand, they came in. Everything was just black. They covered everything. They would have devoured any fruit and vegetables and maybe survived the hail. Well, now Pharaoh ask for forgiveness. Ohh, forgive me for what I've done. But God's like now, we're not done yet. He hardens his heart. So far it's like. I'm not letting. Him go. So finally God brings the darkness. God makes it dark for three days, probably foreshadowing the three days between Jesus dying on the cross and rising again, but it's dark for three days. Where the Israelites were though. Was fine. They had light. Pharaohs now like, OK, I've had enough. Moses, Aaron, you guys and your people can go, but you got to leave your livestock because ours are all dead. You got to leave that most like. No, that's not how this works. We're taking the livestock with us so far, gets really mad, tells Moses and Aaron get out. Never appear before me again. There's our first night play. Throughout all of this, God is showing his might and his power to Pharaoh, and so much of this is natural stuff. Stuff God created, right, the animals, the water, the earth, God created it, and now he's showing I can hurt it and destroy it if I need to, because I can bring it back again later. He wants Pharaoh to let his people. Go to release them. And he is showing what he can do, all the while protecting the Israelites. He can do both. It shows the Egyptians and the Israelites that God will care and protect his people. And he does it by whatever means he needs to. The plagues, they're not pretty, but they were effective. I thought about that for his when I wrote it. Not pretty, but effective. If I ever. I won't do this, but if I ever started a food blog about my cooking, it would. Be called not pretty, but. Effective. OK. Because when I cook, it's a little. Messy. I like to cook. I love to be in the kitchen, but it kind of looks a lot like this. There's kind of stuff. I got a cutting board here like years ago. Stacy got me this massive cutting board. I will fill that with everything, but I got peels from carrots here and then seeds from this and there's stuff all over the floor. That's why I love to cook my own kitchen can make a mess. I don't like to cook anywhere else. Know where things. There's stuff out everywhere,

OK? Like you can all come over and eat my food, but I. Don't want you to see me cook because like, I'm in there. It's a mess. I'm probably sitting along the country or dancing to Taylor Swift and chopping everything, and it's great. But it's a mess. But it's effective cause I think my food is still pretty good. In the end, the food is good. But some pretty how it happens sometimes and resolved. That's kind of the plague. They were pretty, right? That's why we all talk about these things with the worst things that could have happened. The guy has his own way of doing things and he was effective. They had a purpose. That's what God was doing. So in your life, what is God doing? The plagues are twofold. Again, right, show and convince Pharaoh of God's power and show the Israelites that God will protect him. So where is God showing himself and protecting you? Let's look at. Go back to our work example and again this is hypothetical. Maybe there's a big restructure at where companies do this all the time. A big shake. Up people were reassigned. Some people lost jobs, some got transferred. But you were all good. Your situation maybe got a little better. Whatever was keeping you from him or the person that was keeping you from isn't an issue. That might have been God kind of being like, take care of this, but I'm going. To take care of. You believe that God wants you to be able to move towards him. He is stronger than anything that holds us back, and he doesn't want us held back. Maybe there's been a change of heart for someone that's been holding you back. That's what he's doing to Pharaoh, and since he's working. On Pharaoh's heart now he hardened his too. He needed to show Pharaoh who he was. Eventually. He's going to soften him enough to change him to let. Him go. So maybe guys not sending a plague on a person, you know, but maybe there's an attitude or a view that's been causing that person to. Hold you back. Maybe that's where God's working or God may be creating a needed separation between you and someone. You just need to be separate from someone because it is just got you away from God. Maybe God's putting that in into play again. Just all examples of possibilities, but look for where God is working. God doesn't want anything keeping you from him. He's jealous in the sense that he wants you for himself. He doesn't want anything keeping you from and he will work to erase what's holding you back. If we erase those chains and bring you towards him, he can and will show his power to release you from what's really holding you. He kind of shows that big piece of power with this final plague in Egypt. We're going to read two different little passages here. This will be Exodus 11/1 through eight, and then we'll jump to Exodus 12 here. So Exodus 11 versus one through 8 says this. Now the Lord said to Moses, I will bring one more plague on Pharaoh. And on Egypt after that, he will let you go from here. When he does, he will drive you out completely. Tell the people that men and women alike are to ask their neighbors for articles of silver and gold. The Lord made the Egyptians favorably disposed toward the people, and Moses himself was highly regarded in Egypt by Pharaohs, officials and by. People so, Moses said. This is what the Lord says about midnight. I will go throughout Egypt every first born son in Egypt will die from the first born son of Pharaoh who sits on the throne to the first born son of the female slave who's at her hand mill and the first born of the cattle as well. There'll be loud wailing throughout Egypt, worse than there's ever been will ever be again. But among the Israelites that a dog will bark at any person or animal, then you will know that the Lord makes a distinction between Egypt and Israel. All those officials of yours will come to know me, bowing down before me, saying, go, you and all the people who follow you after that I will leave. Then Moses, hot with anger, left Pharaoh will jump to exit is 12/29 through 32. This is where this play actually hits. At midnight, the Lord struck down all the first born in Egypt from the first born affair, who sat on the throne to the first born of the prisoner who was in the dungeon, and the first born of all the livestock as well. Pharaoh and all his officials, and all the Egyptians. Got up during the. Night there was loud wailing in Egypt for there was not a house without someone dead during the night fall. Someone Moses and Aaron and set up leave my

people, you and the Israelites go worship the Lord as you have requested. Take your flocks and herds as you have said and go and also bless me, we'll stop there. Alright, this is the final warning to Farrel that all the first born sons will be killed and God says a great cry will be heard. Israel in the past Israel had cried for deliverance. They cried out to God for protection. They've tried in vain to Pharaoh. Now God's like Egypt's going to cry. This will be traumatic. And painful and it's. Going to hurt. But God sets it up. So that no harm will come to the people from Israel again. He's protecting them. The death will pass over by setting them apart. The Israelites are protected. We have that Passover. And then the statement comes true from a prisoner's son. Lowly prisoner who's got no status all the way up to Pharaoh. The first son is killed. None were spared, and now the loud wailing and the crying occurs and Pharaoh tells Moses and Aaron and get out. Take your people. Take your livestock, take everything and go. But first bless me. He feels everything that's going on and he. Wants it to stop. He now realizes, I think. That God is stronger than he is because of what God can do. God can release the people from his hold, and now they can move freely. Think about actually trying to move with something holding you back. They used to do for athletes and people training something called parachute runs. Have you ever done these before? In essence, you would actually. You would attach a parachute to your back and you would run right and the whole idea here is there's resistance behind you. So you build up speed and you build up strength, right. You train this way. So when the parachutes off, you feel like you can move faster and quicker and stronger. But somebody's got to release the parachute. Your trainer, your coach, whoever you're partnering with to do this, somebody that's holding the parachute needs to release. What's pulling you back and keeping you from it to keep going. God finally had to release the Israelites with his strength. So we need to find God's strength and our release. If you still feel like like something is just holding you back something out there that's not like your own stuff, but something external. That's what I want to kind of encourage you with today is that God can and will release you from that and he'll do it in his own way, in his own timing. I wish I knew the how and the when and all that stuff. That'd be great, but we don't. But I do know what happens like we look at this story, we look at Exodus. God cares about his people and wants them to be able to follow him so much and be near to him that he does take care of what's holding them back. He does release them, right? The parachute isn't on our back forever. That does get released so we can move more freely towards God. So we have to trust that God will do his part. To release us and to release you. There are things that will intentionally or unintentionally hold us back from God. That will try to be bigger than God. That will try to be stronger than God. That will try to have more influence in our lives than God. But God is strong enough, big enough to fight back and to release those things and to break them down. He wants to do that because he actually wants us with him, right? He doesn't want us to be away. He wants us with him. He wants to show his strength and he wants to release you. To be able to come to him. So he will release you from whatever is holding your back from him, because God does actually have your back. I thank you for this passage, God and for being able to look at the plagues. God is it's a story that's somewhat familiar, but to see what you really did for the people through this that you showed your power, you showed your might you showed your authority, but also your protection. God for your people, for the people. That you love. That you were looking out for. So God, we thank you that you will release whatever is holding us back. That we can move towards you. God, we thank you that you want us to be with you, that you want us to move freely towards you. So that I pray for whatever is holding us back, that we would see it. You would put on our hearts and you would work to release that. For us, and I pray that you would pull us back in towards you if we are feeling far away. So God, we thank you again for this morning your name. Amen.