



## Session 1: Choose Well

To view the video for this session, go to <http://www.ariseministries.net/bible-study>

*This week you heard from Kim Heinecke in Session 1 about our important decision to choose well. Moses' mother made a critical decision at the birth of her son. That decision ultimately set a plan in motion to deliver the Israelites from captivity and change the course of history. From studying this passage, we can lay a foundation for leaving a powerful legacy of faith for our family by taking the first step to choose trust in God over anything that causes us fear.*

1. Read the key scripture passages for this study.

Exodus 2:1-10

Hebrews 11:23-27

2. What choices you are faced with each day? How do your decisions affect your spiritual legacy?
3. In Exodus 2:1-10 and Hebrews 11:23, what decision did Moses' mother, Jochabed, make? What choices did she have?
4. \*As a parent, what fears do you face?
5. \*In what way does fear hinder us from always following God's plan for our lives?

6. Read these scriptures about fear. Write the main thought for each.

Psalm 56:3-4

Deuteronomy 31:6

7. Read these scriptures about peace. Write the main thought for each.

John 16:33

Philippians 4:7

8. Read these scriptures about choices. Write the main thought for each.

Joshua 24:15

Deuteronomy 30:19

9. \*What encouragement do you receive from these scriptures?

10. \*Consider this excerpt from the video. Do you agree with this statement? Why or why not?

*"We are up against so much these days – from the books, movies and music our kids are exposed to, to the influence of their friends and social pressures they face. It's easy to give into fear and just raise our children like 'everyone else' does or overlook certain things because we're afraid to stand up for what we believe. But that may not be the best way to honor God and leave a legacy of faith to the next generation."*

11. Read Hebrews 11:23 and 11:27. What similarities do you see between Jochabed and Moses in these two verses? How does that inspire you to teach your children to *choose well*?

12. What legacy are you leaving for your children?

13. \*How can you honor God this week by making a choice to trust Him instead of giving in to fear? How will this decision serve to point your children to the heart of God?

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*Lord, you have set choices before me in this life. I can determine to live for you or elect to chase things of this world as a result of fear. I pray you give me the wisdom to choose well. Grant me discernment to choose those things that bring life to my children and to me. Amen.*

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**Notes for Thrive Group Discussion:**

1. Briefly express your thoughts on the video, [Session 1: Choose Well](#).
2. Talk about spiritual things you hope to pass down to your children.
3. Discuss the questions marked with \*. If time allows, share answers to other questions from the study.
4. Identify a choice you need to make this week that will honor God.
5. Consider practical ways to teach this important principle to your children.

To connect with a **Thrive Group**, inquire at [www.ariseministries.net/thrive](http://www.ariseministries.net/thrive).

To share your thoughts regarding this study, contact us at [connect@ariseministries.net](mailto:connect@ariseministries.net).

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