



LIMITLESS

WONDER
DISCOVERY
PASSION

Many of us feel like who we are and who can become have limits. In this four-week series we'll take a look at the life of Moses. As we do, we'll discover that when we allow God to direct our story, the possibilities are limitless.

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TEACHING OUTLINE

LIMITLESS | WEEK 4



BOTTOM LINE

LET GOD'S WORDS BE YOUR WORTH.

SCRIPTURE

The Israelite foremen could see that they were in serious trouble when they were told, "You must not reduce the number of bricks you make each day." As they left Pharaoh's court, they confronted Moses and Aaron, who were waiting outside for them. The foremen said to them, "May the Lord judge and punish you for making us stink before Pharaoh and his officials. You have put a sword into their hands, an excuse to kill us!" (Exodus 5:19-21 NLT).

As Pharaoh approached, the people of Israel looked up and panicked when they saw the Egyptians overtaking them. They cried out to the Lord, and they said to Moses, "Why did you bring us out here to die in the wilderness? Weren't there enough graves for us in Egypt? What have you done to us? Why did you make us leave Egypt? Didn't we tell you this would happen while we were still in Egypt? We said, 'Leave us alone! Let us be slaves to the Egyptians. It's better to be a slave in Egypt than a corpse in the wilderness!'" But Moses told the people, "Don't be afraid. Just stand still and watch the Lord rescue you today. The Egyptians you see today will never be seen again. The Lord himself will fight for you. Just stay calm" (Exodus 14:10-14 NLT).

Moses could have let the negative words of the people around him discourage him from leading the Hebrews out of Egypt. But instead of allowing the negative words direct his steps, Moses relied on God and His words instead. We can do the same thing when we encounter negative words, too.

GOAL OF SMALL GROUP

To encourage students not to measure their value or potential by the negative messages of others.

TEACHING SCRIPT SUMMARY

INTRODUCTION

What would happen if you went a whole week believing every message that you heard?

TENSION

Messages are everywhere. Messages can also shape the path we choose for our lives.

TRUTH

As we wrap up looking at Moses' life, we're going to look at a couple of negative messages he had to overcome.

Moses and Aaron had one request: Let the Hebrew people go. And Pharaoh had one answer: No.

God encouraged Moses to keep doing the job He had given him.

They went back again and again until Pharaoh had a change of heart.

Moses would be forever known as the leader who led a LOT of people to their death instead of their freedom.

Moses refused to let other people's words define him. He made one simple decision, and it's the same decision I want you to make: Let God's words be your worth.

APPLICATION

Instead of believing every message you hear about yourself, what if you instead elevated God's message about you?

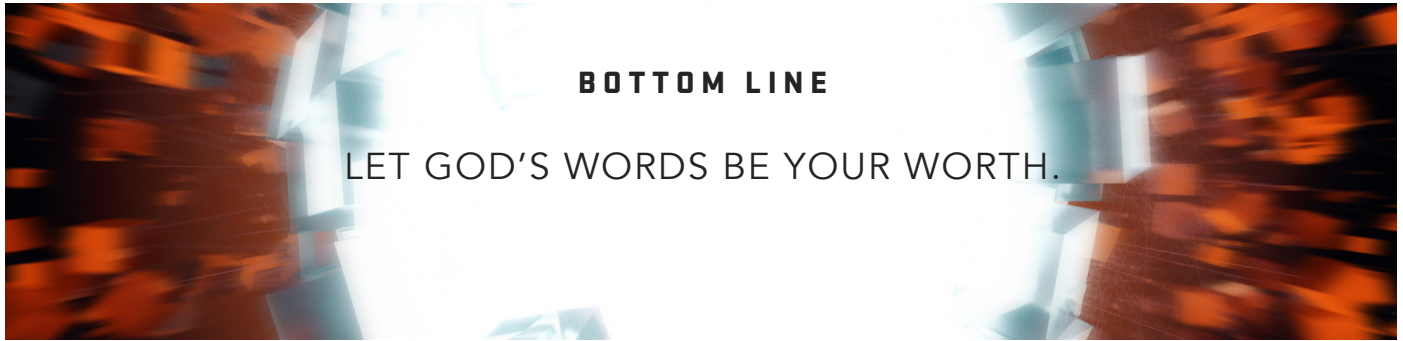
LANDING

Ask yourself this: How do you respond when you receive a negative message? Do you keep it all inside? Or do you take it to God?



TEACHING SCRIPT

LIMITLESS | WEEK 4



BOTTOM LINE

LET GOD'S WORDS BE YOUR WORTH.

INTRODUCTION

2 Minutes

So let's start with a question: What would happen if you went a whole week believing every message that you heard?

I'm talking every . . . single . . . one.

Right out of the gate, you'd be broke. Your family would have to sell everything it owned to pay for your purchases. Because almost every advertisement, billboard, or commercial is basically designed around telling you how terrible your life will be if you DON'T buy their product and how perfect it will be if you DO.

So you'd have a whole lot of clothes, skin-care products, insurance plans, vehicles, and all-natural, gluten-free, organic salmon-based dog food.

In addition to being broke, you'd also have a passionate interest for every subject in school. Because your biology teacher speaks about biology like it's the greatest concept in human history. And your geometry teacher says there's

nothing more exciting than solving geometry problems. But your U.S. history teacher talks about our forefathers like there's nothing else you should study in life. Throw in your school guidance counselor, who pushes the importance of prepping for the SAT test. If you believed every message, you would never stop studying.

In fact, you'd do so many things that you'd never sleep. Unless, of course, you read an article about the importance of getting a good night's sleep. This perfect sleep would take place in a perfectly cleaned room, because your mom said that's important. And you'd do it all with a smile on your face, because someone posted an Instagram quote about the importance of smiling. But it would be tough to smile because of the Facebook post you just read that said the world is coming to an end.

Okay, you get the point: Believing everything we read or hear is a bad idea. It's exhausting just thinking about it.

TENSION

5 Minutes

The truth is, messages are everywhere. Some messages are directed toward everyone, some to a specific group, and some are said or texted straight to you.

But you also have the ability to tune in and out of the messages around you.



- Your English teacher walks through the process of creating a bibliography for your research paper: tune out.
- Your boyfriend says he loves your outfit: tune in.
- A commercial selling dental floss: tune out.
- Your classmate says you're the best musician in the school: tune in.
- Your uncle complains about the most recent county commissioner election: tune out.
- Your basketball coach says that he wants you to carry the team: tune in.

Basically, the more personal the message is to you, and the more the message matters to you, the more likely it is to stick in your mind. Meaning, you remember it, it affects you, and it stays with you for a long time. And this is true of both positive and negative messages.

Think about it. Let's say you love comedy, and you really want to do stand-up comedy one day. So one Friday night, you do an original routine for your two closest friends. One says, "Bro, you killed it! You're going to sell out arenas one day!" That's powerful, right? That message will probably stick with you.

Then the next day, your other friend calls you and says, "Hey man, I'm only telling you this because I'm your friend and I care about you. Stand-up comedy is probably not the best use of your time. You have a lot of things you're great at, but honestly, being funny is not one of them." Ouch! And let's be honest, that message sticks, too. (And probably means you will never talk to that friend again.)

But here's where messages are so tricky. What if you hear two different messages about the same thing? If one friend says you crushed it, and the other friend crushes *your dream*, who do you listen to?

Because here's the thing: Messages do more than just affect our mood and set us up for a good or bad day. They can have a way bigger impact. They can also shape the path we choose for our lives.

So it's not just that we should pay attention to the messages we hear; we need to pay close attention to the ones we choose to believe.

That's true when it comes to . . .

Sarcastic comments. Let's say your chemistry teacher assigns a project. And you say, "I'm going to own this project and get my grade up." And your classmate says, "Yeah, because you're going to be a scientist." And they say it in that tone. You know the one I'm talking about. And you have a snappy comeback, but in the back of your mind, there's a lingering feeling of insecurity that your classmates don't think you're smart. And maybe you start to believe that message yourself.

Passive aggressive statements. Maybe you post a selfie on Instagram. You like the way you look in it. Your friend comments, "When someone borrows a shirt and doesn't return it..." Yes, you borrowed the shirt. And yes, you need to return it. But commenting on the photo? It's almost as if they were trying to publicly call you out for being a bad friend. And you start wondering, "Maybe I am a bad friend."

Questions. Maybe a teacher asks you which career you want to pursue. You say, "I want to study law." She responds, "You don't want to be a lawyer, do you?" You think, "Well, yeah. Why did you ask the question like that? Is that a bad idea?"

Guilt statements. You politely ask your mom for money to buy a yearbook or new soccer cleats. She says, "Sure, why not? Your dad and I have TONS of money left over after we pay for all your school stuff, anyway. All we do is work to pay for the stuff YOU want to do." Your mom forgets the comment three seconds later, but you're still repeating it three weeks later. And you wonder, "Am I just a burden to my parents?"

Negative messages can get stuck in our head. We replay them. We believe them. And often we let them steer us. We make decisions about who we are and who we aren't, what we'll do and what we won't, because of the words we've heard.

Simply put: These messages limit us. All of a sudden, we're boxed in and beat down by the messages we hear.

But the good news is, today we're going to talk about how to break out of the boxes and recover from the beat down.



TRUTH

7 Minutes

Now, in the series, we've been talking about a man from the Bible named Moses. His life was packed with movie-like drama. In fact, there has been more than one legit Hollywood movie made about him.

Moses had a lot of ups and downs, setbacks and comebacks, tragedies and victories. There were tons of moments that could have held him back but didn't. It was almost like normal limits didn't apply to Moses. And that was especially true when it came to some of the negative messages in his life.

Today, as we wrap up looking at Moses' life, we're going to look at a couple of negative messages he had to overcome. More importantly, we're going to talk about how he overcame them.

Last week we talked about God calling Moses to lead His people out of slavery. Moses didn't want to do this job alone, so God allowed his brother Aaron to help him. And that's where we pick up his story. Moses and his older brother Aaron traveled to Egypt and met with Pharaoh, on behalf of the Hebrew people who were under Egyptian rule as slaves.

Moses and Aaron had one request: Let the Hebrew people go.

And Pharaoh had one answer: No.

In fact, he disliked their request so much that he made the workload for the Hebrew people even harder. A number of the Hebrews made bricks for Egyptian buildings. And making these bricks required straw. So when Pharaoh ordered the Hebrews to keep making the same number of bricks, but *without* straw, well, people weren't happy.

The book of Exodus tells it this way:

The Israelite foremen could see that they were in serious trouble when they were told, "You must not reduce the number of bricks you make each day." As they left Pharaoh's court, they confronted Moses and Aaron, who were waiting outside for them. The foremen said to them, "May the Lord judge and punish you for making us stink before Pharaoh and his officials. You have put a sword into their hands, an excuse to kill us!" (Exodus 5:19-21 NLT).

This blowup was a major hit to Moses' belief in himself. So he took up the issue with God, who encouraged him to keep

doing the job God had given him. So Moses and Aaron went back to Pharaoh. And then again. And again, And eventually, the Hebrew people were finally set free by Pharaoh. Good news, right? They were on their way out of town!

Until Pharaoh had a change of heart. Suddenly, the idea of releasing his entire workforce—that was essentially FREE—seemed like a terrible idea. So he chased the Hebrews down with his army. Here's what happened next:

As Pharaoh approached, the people of Israel looked up and panicked when they saw the Egyptians overtaking them. They cried out to the Lord, and they said to Moses, "Why did you bring us out here to die in the wilderness? Weren't there enough graves for us in Egypt? What have you done to us? Why did you make us leave Egypt? Didn't we tell you this would happen while we were still in Egypt? We said, 'Leave us alone! Let us be slaves to the Egyptians. It's better to be a slave in Egypt than a corpse in the wilderness!'" (Exodus 14:10-12 NLT).

Game over, right? Moses would be forever known as the leader who led a LOT of people to their death instead of their freedom.

But Moses told the people, "Don't be afraid. Just stand still and watch the Lord rescue you today. The Egyptians you see today will never be seen again. The Lord himself will fight for you. Just stay calm" (Exodus 14:13-14 NLT).

What happens next is epic. The Hebrew people walk through a sea—as in, God parts the water and allows the Hebrews to walk on dry land. And even though this seemed impossible, they escaped the Egyptian army!

And here we are, thousands of years later, still talking about Moses. And there are a lot of reasons for that. But one big reason is because Moses refused to let other people's words define him. He refused to find his worth—or lack of worth—in their messages.

Imagine if he had allowed himself to be boxed in by the foremen and their angry words about him. Imagine if he had allowed himself to be beat down by the complaining of the Hebrew people. What if he believed what they said—that they were better off as slaves? And what if he allowed those messages to steer him and the Hebrews straight back to Egypt?



If that had happened, we wouldn't talk about him the way we do now. He wouldn't be a man whose life story has given hope to so many. But Moses didn't let those messages define him. He didn't find his worth and purpose in them. In fact, he

made one simple decision, and it's the same decision I want you to make.

Let God's words be your worth.

APPLICATION

2 Minutes

So instead of believing every message you hear about yourself, what if you instead elevated God's message about you? What if you trusted Him and believed what He said about who you are?

You can believe God's messages about you, like these:

"Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it" (Psalm 139:14 NLT).

Of all the people on earth, the Lord your God has chosen you to be his own special treasure (Deuteronomy 7:6b NLT).

Nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord (Romans 8:39b NLT).

For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do (Ephesians 2:10 NIV).

See what great love the Father has lavished on us, that we should be called children of God! And that is what we are! (1 John 3:1a NIV).

Think about some of the messages that you've allowed to steer you, the negative messages you've repeated over and over in your mind. Do those messages line up with what God says about you?

If a message doesn't line up with what God thinks about you . . .

- It still might hurt, bother, or frustrate you.
- But it doesn't have to determine your worth, purpose, or future.

You might hear it, but you don't have to believe it. You don't have to hold on to it. You don't have to repeat it. And you don't have to measure your potential and your future and your value by it. Instead, let God's words be your worth.

LANDING

1 Minute

See, Moses wasn't numb to negative emotions. He had emotional reactions just like the rest of us. But it's how he handled those messages that made his life so extraordinary.

He would go straight to God and listen to what God said about Him.

So as you head out today, ask yourself this: How do you respond when you receive a negative message? Do you keep it all inside? Or do you take it to God?

Because when we learn to let God's words be our worth, our lives and our potential can truly be limitless.



TRANSITION INTO SMALL GROUPS