



Episode 13 Study Guide: Overcoming Pride & Developing Humility

Exodus 7-13

"Come Follow Me" Old Testament Manual

00:00-07:25	Intro/thank you! & "Who are the gods of this world?"
07:26-13:46	"How to deal with anger & guilt"—"Motivational vs. Depressive guilt"
13:47-21:23	"Getting out of the rubber-bands of pride & into humility"
21:24-26:35	The plagues show who the True God is—for Pharaoh, Israel, & US"
26:36-52:56	"10 Plagues break down Ancient gods AND our modern-day 'gods'"
52:57-57:27	"The Passover instructions as symbols for US"
57:28-102:00	"How to better Remember Christ's Atonement during the Sacrament"

Study Questions/Exercises

1. What helps you identify and deal with anger &/or guilt? Listen to segment 7:26-13:46. How might these ideas help you with your own anger?
2. In what ways have you been prideful? How might you "get out of the rubber-bands" and become more humble?
3. What parallels do you find between the 10 plagues and modern-day life, as you read Exodus 7-13? What lessons do you hear the Spirit whispering to you as you consider these things?
4. **Exercise:** Listen to 26:36-52:27. What might you learn/take away from hearing about the plagues and how they not only broke down ancient gods but also break down our modern-day gods?
 - a. Go through the 10 plagues and compare the modern-day gods to your thoughts, feelings, experiences and life.
 - b. Which of these "gods" do you struggle with the most?
 - c. Pray and ask for help to overcome these "gods".
 - d. Create a plan, with God's help, to work on each, one at a time. You might use the "SMART goal-setting worksheet" (found on <https://www.drchristinahibbert.com/like-a-watered-garden-study-guides-handouts-transcripts/>)

5. Which of the Passover instructions found in Exodus 12, & their symbolism discussed in section 52:57-57:27, might you use to draw nearer to Christ?
6. How might you better remember the Savior as you partake of the Sacrament (if that is part of your religious practice)? Consider how the sacrament ordinance could be compared to a funeral service, and how might this help you draw nearer to Christ as you remember His Great Sacrifice?
7. What does the Lord want YOU to better remember?

Resources

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