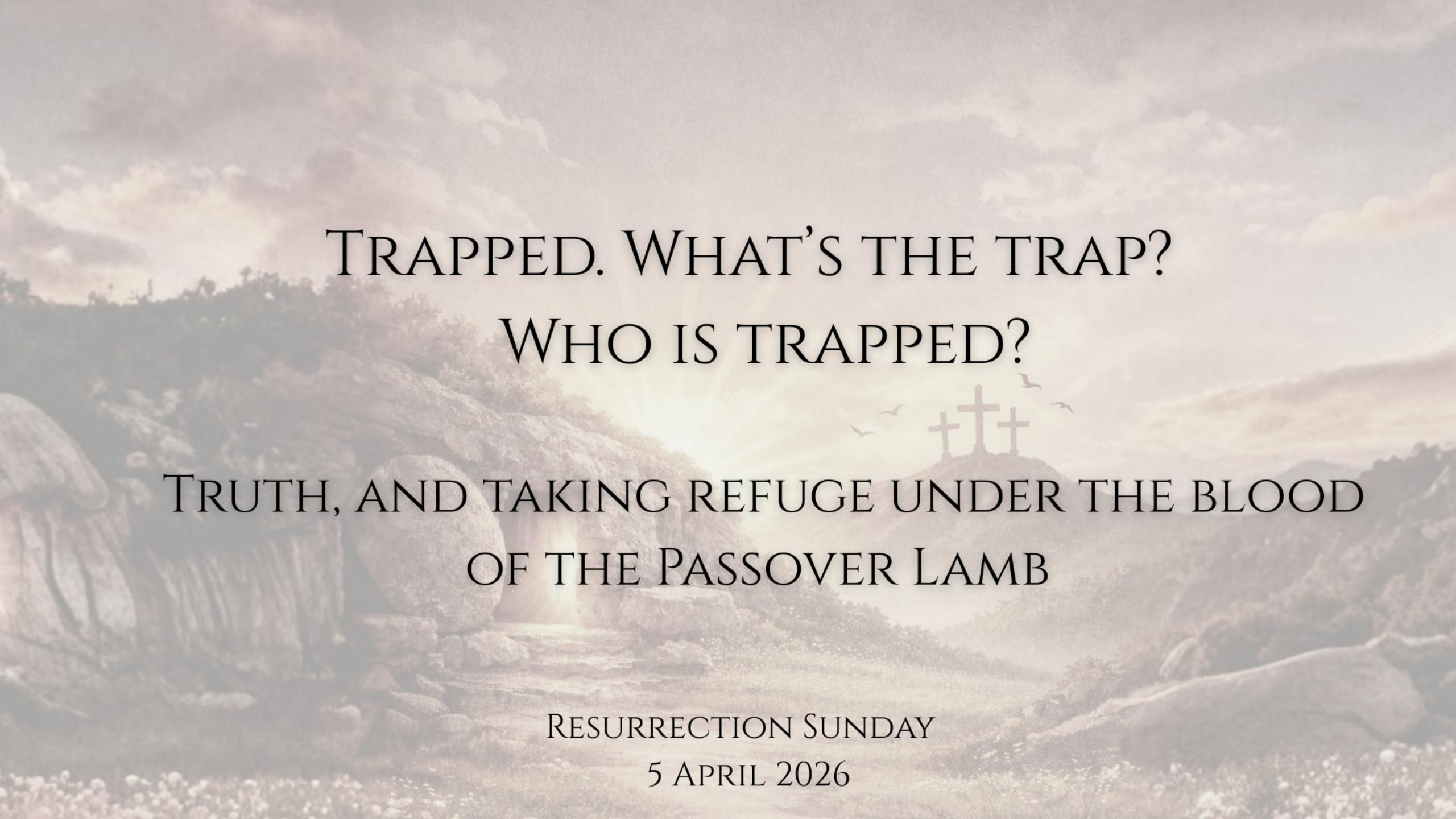
The background is a dramatic landscape at sunrise or sunset. On the left, a large, dark, textured rock formation features a circular opening, likely a tomb entrance, with a bright light emanating from within. A dirt path leads from the foreground towards this opening. In the distance, a hill is topped with three crosses, and several birds are seen flying in the sky. The overall color palette is warm, with oranges, yellows, and browns, creating a sense of hope and resurrection.

RISEN TO RESTORE

“Praise be to the God and Father of our Lord Jesus Christ!
In His great mercy He has given us new birth into a living hope through
the resurrection of Jesus Christ from the dead.”

A landscape with a tombstone, a path, and a cross on a hill. The scene is set in a hazy, golden light, possibly at sunrise or sunset. In the foreground, a large, smooth, grey stone is partially visible on the left. A dirt path leads from the bottom center towards the middle ground. In the middle ground, a large, rounded stone is positioned in front of a tomb entrance. In the background, a hill rises with a cross on top. The sky is filled with soft, white clouds, and several birds are seen flying in the distance. The overall atmosphere is serene and contemplative.

TRAPPED. WHAT'S THE TRAP?
WHO IS TRAPPED?

TRUTH, AND TAKING REFUGE UNDER THE BLOOD
OF THE PASSOVER LAMB

RESURRECTION SUNDAY

5 APRIL 2026

Post: throwawaypedr

- ...I hated what I was doing to myself and the people close to me. I realized I had to get my shit together.
- Right now I am not in a bad place in life. I'm in my final year. I organize a lot of nice events and concerts and have just started working .
- Even though my life really isn't in shambles I still have a major problem - internet addiction.
- I built small habits that keep me from stumbling into a downward spiral and have productive and emphatic enough friends that would help me in any negative situation. Yet the second I fail to maintain a productive rhythm I spend a whole week watching videos or scrolling through Instagram.
- Recently I had an important realization that I don't know how to have a day off. I genuinely cannot "relax." It's either be as productive as you can or watch a youtube video. Brain still gets stimulated and releases a lot of chemicals that later make it hard for you to go back to work or feel healthy (the same goes for hanging out with friends). I've tried meditating (from
- mindfulness to manifesting), and I've tried going out on walks and reading books. None of these methods work.
- I am stuck in an endless loop of using social media as a coping tool for life and it honestly makes me feel miserable. I just want to stop and enjoy life, recharge, and continue working. I don't want to be exhausted and in pain.

Trapped.

Post: Throwawaypedr

- I am stuck in an endless loop of using social media as a coping tool for life and it honestly makes me feel miserable.
- I just want to stop and enjoy life, recharge, and continue working. I don't want to be exhausted and in pain.
- *What's driving him like he is a slave?*
- *Could the trap be inside of me?*

Timeline

Creation to Flood: 1656 years

Flood to Abraham leaving Chaldea: 422 years 10 days

B.C.

Before 2500 B.C.

Noah. Flood

Book: Genesis

2000 B.C.

Abraham. Isaac. Jacob

1500 B.C.

Israel in Egypt

Book: Exodus

God cut a covenant with Abraham

Year: *about 2000 B.C.*

Location: *Canaan*

What did God say?

Genesis 15

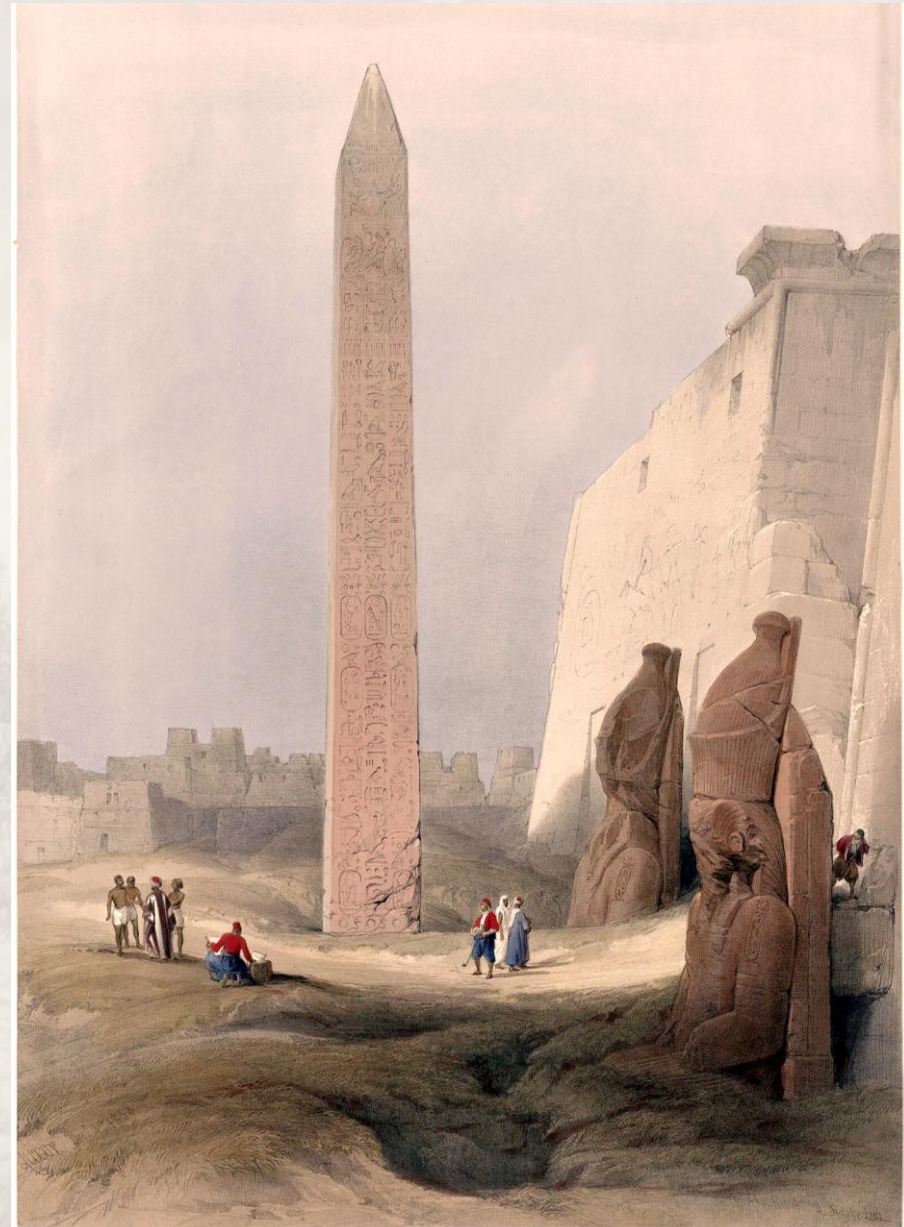
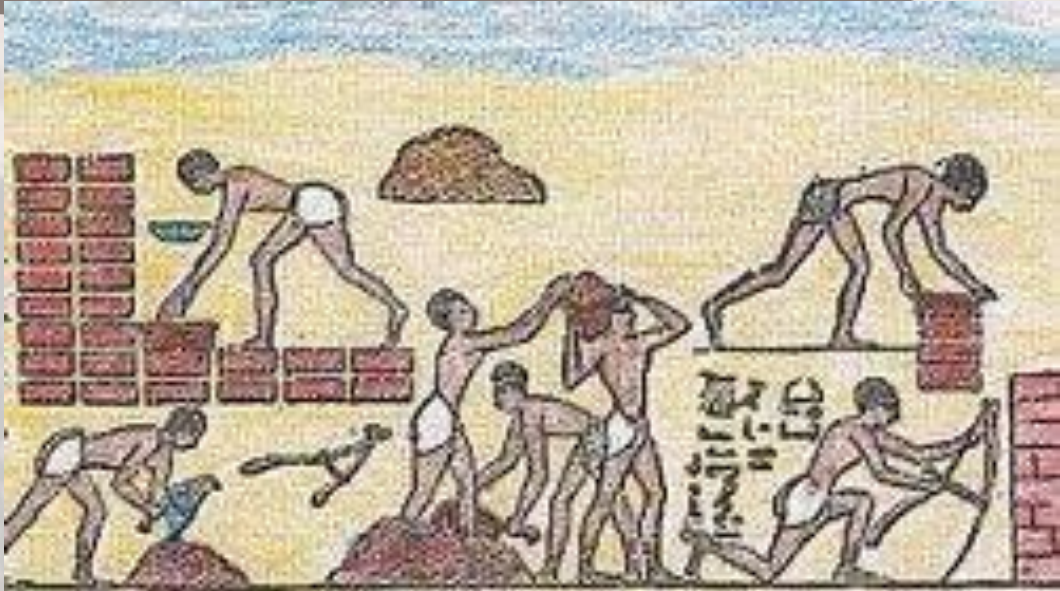
13 Then the Lord said to him, “Know for certain that for four hundred years your descendants will be strangers in a country not their own and that they will be enslaved and mistreated there.

14 But I will punish the nation they serve as slaves, and afterward they will come out with great possessions.

...

16 In the fourth generation your descendants will come back here, for the sin of the Amorites has not yet reached its full measure.”

Historical context



My Pride. My Pain. I'm looking at myself.
God cares? Who cares. *What's the lie?*

Exodus 3

4 When the Lord saw that he had gone over to look, God called to him from within the bush, "Moses! Moses!"

And Moses said, "Here I am."

5 "Do not come any closer," God said. "Take off your sandals, for the place where you are standing is holy ground."

6..."I am the God of your father,[a] the God of Abraham, the God of Isaac and the God of Jacob."

...7 The Lord said, "I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering.

8 So I have come down to rescue them from the hand of the Egyptians and to bring them up out of that land into a good and spacious land, a land flowing with milk and honey...

First encounter: Ask nicely

Exodus 5

1 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.’”

2 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.”

6 That same day Pharaoh gave this order to the slave drivers and overseers in charge of the people: 7 “You are no longer to supply the people with straw for making bricks; let them go and gather their own straw. 8 But require them to make the same number of bricks as before;

Could this response be: “harden his heart”? Who did it?

Freedom for Pharaoh?
Second Encounter: *Who is the Lord?*
The legitimate ruler over all of Egypt.



Truth Confronting Lies

Question:

- What/who is the source of life?
- What is life?

Answer: The Nile River. The frog.

3rd Encounter: Blood river

- River of death demonstration.

4th Encounter: *Frogs give life.* Truth Test

- Hypothesis: Frogs = Life. Many frogs = Much life

“It’s *all the same*”? Really?

Truth Test: Who is “set apart” (holy), not the same as:

5th Encounter: Plague 3 Gnats

- Exodus 8:19 the magicians said to Pharaoh, “This is the finger of God.” But Pharaoh’s heart was hard and he would not listen...

6th Encounter: Plague 4 Flies

- Exodus 8:22 “But on that day I will deal differently with the land of Goshen, where my people live; no swarms of flies will be there, so that you will know that I, the Lord, am in this land. 23 I will make a distinction between my people and your people.

7th encounter: Plague 5 Livestock die

- Exodus 9: Pharaoh investigated and found that not even one of the animals of the Israelites had died. Yet his heart was unyielding and he would not let the people go.

God's judgement will come upon all: All have turned away, no one seeks God.

- *Pharoah, Egyptian slave masters AND Israelite slaves*

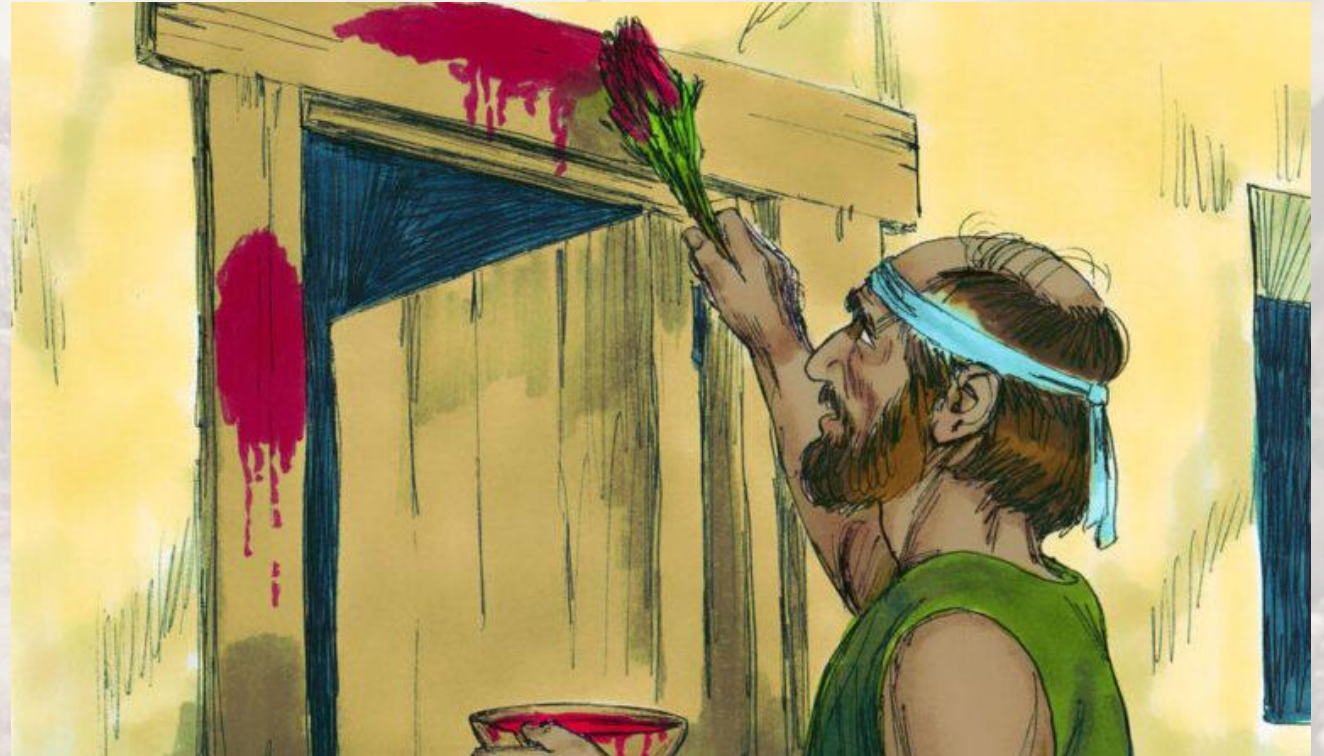
My problem

In ***my pride, my pain***. I turn inwards. I disregard:

- **The God who sees my suffering, hears my cries,**
 - who is concerned about me.
- **He cared about me. But I don't care about Him**
 - The ultimate, legitimate authority (snake demonstration)
 - The source of life (Plagues: Blood River, Frogs)
 - The only God, (set apart, not the same as any other)

Exodus 12:12 “On that same night I will pass through Egypt and strike down every firstborn of both people and animals, and I will bring judgment on all the gods of Egypt. I am the Lord.

13 The blood will be a sign for you on the houses where you are, and when I see the blood, I will pass over you.



Will you respond?

1. Dear God who created me
2. I have listened to my pride. I trust in myself, my _____
3. I focus on my pain. I have not cared about you.
4. You are the source of life. But I trusted in another as the source:

5. You are truth. But I believed lies about you.
6. I am under your righteous judgement. I am separated from you. Death, now and forever, is my problem.

My response

7. But you care. you came.
8. You sent your Passover Lamb.
9. Your judgement fell on the lamb. The lamb paid for my pride, my selfish pain, my distrust of You.
10. The Lamb took my place.
11. I hide under the blood of your Passover lamb. Your judgement passes over me.
12. You rescued me. Now I am free. You brought me to yourself, so I can know you, be with you, trust you and be more like you each day.

Thank you, God.

I pray this in the name of the Passover Lamb whom you have sent.