

## Five Foundational Facts For Finally Finding Freedom From F.R.O.G.S.

Ex. 8:1-14

1. Then the LORD said to Moses, "Go to Pharaoh and say to him, `This is what the LORD says: Let my people go, so that they may worship me.
2. If you refuse to let them go, I will plague your whole country with frogs.
3. The Nile will teem with frogs. They will come up into your palace and your bedroom and onto your bed, into the houses of your officials and on your people, and into your ovens and kneading troughs.
4. The frogs will go up on you and your people and all your officials.'"
5. Then the LORD said to Moses, "Tell Aaron, `Stretch out your hand with your staff over the streams and canals and ponds, and make frogs come up on the land of Egypt.'"
6. So Aaron stretched out his hand over the waters of Egypt, and the frogs came up and covered the land.
7. But the magicians did the same things by their secret arts; they also made frogs come up on the land of Egypt.
8. Pharaoh summoned Moses and Aaron and said, "Pray to the LORD to take the frogs away from me and my people, and I will let your people go to offer sacrifices to the LORD."
9. Moses said to Pharaoh, "I leave to you the honor of setting the time for me to pray for you and your officials and your people that you and your houses may be rid of the frogs, except for those that remain in the Nile."
10. "Tomorrow," Pharaoh said. Moses replied, "It will be as you say, so that you may know there is no one like the LORD our God.
11. The frogs will leave you and your houses, your officials and your people; they will remain only in the Nile."
12. After Moses and Aaron left Pharaoh, Moses cried out to the LORD about the frogs he had brought on Pharaoh.
13. And the LORD did what Moses asked. The frogs died in the houses, in the courtyards and in the fields.
14. They were piled into heaps, and the land reeked of them.

"I TOAD you so!"

F.R.O.G.S. = Anything in your life that is contrary to God's word and Gods will for your life.

F.R.O.G.S. = **F**lesh **R**uling in **O**pposition to **G**od's **S**pirit

F.L.E.S.H. = **F**ull **L**iving **E**xpression of **S**inful **H**umanity (Sinful nature)

## **1. 1. You must F-reely admit that you've got F.R.O.G.S.!**

## **2. You must R-ecognize that you can't fix the F.R.O.G.S. problem on your own!**

Vs. 7 - But the magicians did the same things by their secret arts; they also made frogs come up on the land of Egypt.

## **3. You must O-vercome your love of the F.R.O.G.S.!**

Rom. 7:18 - I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out.

Rom. 8:17 - For if you live according to the flesh, you will die; but if by the Spirit you put to death the misdeeds of the body, you will live.

## **4. You must G-o to God for help!**

Vs. 2-4 - If you refuse to let them go, I will plague your whole country with frogs. The Nile will teem with frogs. They will come up into your palace and your bedroom and onto your bed, into the houses of your officials and on your people, and into your ovens and kneading troughs. The frogs will go up on you and your people and all your officials."

Pr. 27:1 - Do not boast about tomorrow, for you do not know what a day may bring forth.

James 4:14 - Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes.

Lk. 12:16 - Tells the story of the rich young ruler, the bible calls him a fool.

2 Cor. 6:2 - I tell you, now is the time of God's favor, now is the day of salvation.

Tell your neighbor... "Tonight I'm I am Finally Finding Freedom From F.R.O.G.S.!"

## **5. You must S-anitize your house from all the filthy, former, finished, fatally flattened, futile, fruitless, funky F.R.O.G.S.!**