



A Study of the Exodus

Purpose: To embrace the gift of rest by learning from the Israelites experience in Egypt

Week 1- Unlearning

Exodus 1-5

Week 2- Perks & Challenges

Exodus 6-12 (The Plagues) 13-15 (Exodus and Red Sea)

Week 3- Call to Action (or in-action)

Exodus 16 (Mana in the Desert)

Week 4- Celebrate the God of Rest

Exodus 19-20



Leaders Guide

Week 1 - Unlearning

Welcome - learn names - and watch the break down of the first part of Exodus Video

The Bible Project - Exodus Part 1

Exodus picks up where Genesis leaves off. The Israelites, the descendants of Abraham, were in the land of Egypt. So they still had yet to be given their own land, which came with an identity and the blessing God had promised to Abraham long ago. And in fact things were about to get worse.

Have the group read Exodus chapter 1

The Israelites Oppressed

- 1** These are the names of the sons of Israel who went to Egypt with Jacob, each with his family:
- 2** Reuben, Simeon, Levi and Judah; **3** Issachar, Zebulun and Benjamin; **4** Dan and Naphtali; Gad and Asher. **5** The descendants of Jacob numbered seventy[a] in all; Joseph was already in Egypt.
- 6** Now Joseph and all his brothers and all that generation died, **7** but the Israelites were exceedingly fruitful; they multiplied greatly, increased in numbers and became so numerous that the land was filled with them.
- 8** Then a new king, to whom Joseph meant nothing, came to power in Egypt. **9** “Look,” he said to his people, “the Israelites have become far too numerous for us. **10** Come, we must deal shrewdly with them or they will become even more numerous and, if war breaks out, will join our enemies, fight against us and leave the country.”

11 So they put slave masters over them to oppress them with forced labor, and they built Pithom and Rameses as store cities for Pharaoh. **12** But the more they were oppressed, the more they multiplied and spread; so the Egyptians came to dread the Israelites **13** and worked them ruthlessly. **14** They made their lives bitter with harsh labor in brick and mortar and with all kinds of work in the fields; in all their harsh labor the Egyptians worked them ruthlessly.

15 The king of Egypt said to the Hebrew midwives, whose names were Shiphrah and Puah,

16 “When you are helping the Hebrew women during childbirth on the delivery stool, if you see that the baby is a boy, kill him; but if it is a girl, let her live.” **17** The midwives, however, feared God and did not do what the king of Egypt had told them to do; they let the boys live. **18** Then the king of Egypt summoned the midwives and asked them, “Why have you done this? Why have you let the boys live?”

19 The midwives answered Pharaoh, “Hebrew women are not like Egyptian women; they are vigorous and give birth before the midwives arrive.”

20 So God was kind to the midwives and the people increased and became even more numerous.

21 And because the midwives feared God, he gave them families of their own.

22 Then Pharaoh gave this order to all his people: “Every Hebrew boy that is born you must throw into the Nile, but let every girl live.”

1. This starts off pretty grim. What are your feelings for the Israelites after reading that introduction?

Let's keep reading. Exodus 2

The Birth of Moses

2 Now a man of the tribe of Levi married a Levite woman, **2** and she became pregnant and gave birth to a son. When she saw that he was a fine child, she hid him for three months. **3** But when she could hide him no longer, she got a papyrus basket[a] for him and coated it with tar and pitch. Then she placed the child in it and put it among the reeds along the bank of the Nile. **4** His sister stood at a distance to see what would happen to him.

5 Then Pharaoh's daughter went down to the Nile to bathe, and her attendants were walking along the riverbank. She saw the basket among the reeds and sent her female slave to get it. **6** She opened it and saw the baby. He was crying, and she felt sorry for him. “This is one of the Hebrew babies,” she said.

7 Then his sister asked Pharaoh's daughter, “Shall I go and get one of the Hebrew women to nurse the baby for you?”

8 “Yes, go,” she answered. So the girl went and got the baby's mother. **9** Pharaoh's daughter said to her, “Take this baby and nurse him for me, and I will pay you.” So the woman took the baby and

nursed him. **10** When the child grew older, she took him to Pharaoh's daughter and he became her son. She named him Moses,^[b] saying, "I drew him out of the water."

Moses Flees to Midian

11 One day, after Moses had grown up, he went out to where his own people were and watched them at their hard labor. He saw an Egyptian beating a Hebrew, one of his own people. **12** Looking this way and that and seeing no one, he killed the Egyptian and hid him in the sand. **13** The next day he went out and saw two Hebrews fighting. He asked the one in the wrong, "Why are you hitting your fellow Hebrew?"

14 The man said, "Who made you ruler and judge over us? Are you thinking of killing me as you killed the Egyptian?" Then Moses was afraid and thought, "What I did must have become known."

15 When Pharaoh heard of this, he tried to kill Moses, but Moses fled from Pharaoh and went to live in Midian, where he sat down by a well. **16** Now a priest of Midian had seven daughters, and they came to draw water and fill the troughs to water their father's flock. **17** Some shepherds came along and drove them away, but Moses got up and came to their rescue and watered their flock.

18 When the girls returned to Reuel their father, he asked them, "Why have you returned so early today?"

19 They answered, "An Egyptian rescued us from the shepherds. He even drew water for us and watered the flock."

20 "And where is he?" Reuel asked his daughters. "Why did you leave him? Invite him to have something to eat."

21 Moses agreed to stay with the man, who gave his daughter Zipporah to Moses in marriage.

22 Zipporah gave birth to a son, and Moses named him Gershom,^[c] saying, "I have become a foreigner in a foreign land."

23 During that long period, the king of Egypt died. The Israelites groaned in their slavery and cried out, and their cry for help because of their slavery went up to God. **24** God heard their groaning and he remembered his covenant with Abraham, with Isaac and with Jacob. **25** So God looked on the Israelites and was concerned about them.

2. Isn't it cool how creative Moses' mother was? She was told to throw her baby in the Nile and she did, but in a floating basket. So the man who God would eventually use to free his people was targeted for death as an infant, but he survived. Does that ring a bell with Jesus' story? (Herod has all the baby boys killed, but Joseph and Mary escape to Egypt of all places)

So let's keep going with Moses' story

Have someone read Exodus 3 this is where we'll really get into some discussion.

Moses and the Burning Bush

3 Now Moses was tending the flock of Jethro his father-in-law, the priest of Midian, and he led the flock to the far side of the wilderness and came to Horeb, the mountain of God. **2** There the angel of the Lord appeared to him in flames of fire from within a bush. Moses saw that though the bush was on fire it did not burn up. **3** So Moses thought, “I will go over and see this strange sight—why the bush does not burn up.”

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** Then he said, “I am the God of your father,[a] the God of Abraham, the God of Isaac and the God of Jacob.” At this, Moses hid his face, because he was afraid to look at God.

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—the home of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites. **9** And now the cry of the Israelites has reached me, and I have seen the way the Egyptians are oppressing them. **10** So now, go. I am sending you to Pharaoh to bring my people the Israelites out of Egypt.”

11 But Moses said to God, “Who am I that I should go to Pharaoh and bring the Israelites out of Egypt?”

12 And God said, “I will be with you. And this will be the sign to you that it is I who have sent you: When you have brought the people out of Egypt, you[b] will worship God on this mountain.”

13 Moses said to God, “Suppose I go to the Israelites and say to them, ‘The God of your fathers has sent me to you,’ and they ask me, ‘What is his name?’ Then what shall I tell them?”

14 God said to Moses, “I am who I am.[c] This is what you are to say to the Israelites: ‘I am has sent me to you.’”

15 God also said to Moses, “Say to the Israelites, ‘The Lord,[d] the God of your fathers—the God of Abraham, the God of Isaac and the God of Jacob—has sent me to you.’

“This is my name forever,

the name you shall call me

from generation to generation.

16 “Go, assemble the elders of Israel and say to them, ‘The Lord, the God of your fathers—the God of Abraham, Isaac and Jacob—appeared to me and said: I have watched over you and have seen what has been done to you in Egypt. **17** And I have promised to bring you up out of your misery in

Egypt into the land of the Canaanites, Hittites, Amorites, Perizzites, Hivites and Jebusites—a land flowing with milk and honey.’

18 “The elders of Israel will listen to you. Then you and the elders are to go to the king of Egypt and say to him, ‘The Lord, the God of the Hebrews, has met with us. Let us take a three-day journey into the wilderness to offer sacrifices to the Lord our God.’ **19** But I know that the king of Egypt will not let you go unless a mighty hand compels him. **20** So I will stretch out my hand and strike the Egyptians with all the wonders that I will perform among them. After that, he will let you go.

21 “And I will make the Egyptians favorably disposed toward this people, so that when you leave you will not go empty-handed. **22** Every woman is to ask her neighbor and any woman living in her house for articles of silver and gold and for clothing, which you will put on your sons and daughters. And so you will plunder the Egyptians.”

3. Moses obviously felt for his people and their suffering, why do you think he didn’t jump at the opportunity that God was giving him?

4. Have you even been in a situation like Moses? Where you felt called to do something but were scared or hesitated? What were some of your reasons?

Moses and Aaron head to their fight next and we’ll close today’s study out with chapter 4.

Read Exodus 4

Signs for Moses

4 Moses answered, “What if they do not believe me or listen to me and say, ‘The Lord did not appear to you?’”

2 Then the Lord said to him, “What is that in your hand?”

“A staff,” he replied.

3 The Lord said, “Throw it on the ground.”

Moses threw it on the ground and it became a snake, and he ran from it. **4** Then the Lord said to him, “Reach out your hand and take it by the tail.” So Moses reached out and took hold of the snake and it turned back into a staff in his hand. **5** “This,” said the Lord, “is so that they may believe that the Lord, the God of their fathers—the God of Abraham, the God of Isaac and the God of Jacob—has appeared to you.”

6 Then the Lord said, “Put your hand inside your cloak.” So Moses put his hand into his cloak, and when he took it out, the skin was leprous[a]—it had become as white as snow.

7 “Now put it back into your cloak,” he said. So Moses put his hand back into his cloak, and when he took it out, it was restored, like the rest of his flesh.

8 Then the Lord said, “If they do not believe you or pay attention to the first sign, they may believe the second. **9** But if they do not believe these two signs or listen to you, take some water from the Nile and pour it on the dry ground. The water you take from the river will become blood on the ground.”

10 Moses said to the Lord, “Pardon your servant, Lord. I have never been eloquent, neither in the past nor since you have spoken to your servant. I am slow of speech and tongue.”

11 The Lord said to him, “Who gave human beings their mouths? Who makes them deaf or mute? Who gives them sight or makes them blind? Is it not I, the Lord? **12** Now go; I will help you speak and will teach you what to say.”

13 But Moses said, “Pardon your servant, Lord. Please send someone else.”

14 Then the Lord’s anger burned against Moses and he said, “What about your brother, Aaron the Levite? I know he can speak well. He is already on his way to meet you, and he will be glad to see you. **15** You shall speak to him and put words in his mouth; I will help both of you speak and will teach you what to do. **16** He will speak to the people for you, and it will be as if he were your mouth and as if you were God to him. **17** But take this staff in your hand so you can perform the signs with it.”

Moses Returns to Egypt

18 Then Moses went back to Jethro his father-in-law and said to him, “Let me return to my own people in Egypt to see if any of them are still alive.”

Jethro said, “Go, and I wish you well.”

19 Now the Lord had said to Moses in Midian, “Go back to Egypt, for all those who wanted to kill you are dead.” **20** So Moses took his wife and sons, put them on a donkey and started back to Egypt. And he took the staff of God in his hand.

21 The Lord said to Moses, “When you return to Egypt, see that you perform before Pharaoh all the wonders I have given you the power to do. But I will harden his heart so that he will not let the people go. **22** Then say to Pharaoh, ‘This is what the Lord says: Israel is my firstborn son, **23** and I told you, “Let my son go, so he may worship me.” But you refused to let him go; so I will kill your firstborn son.’”

24 At a lodging place on the way, the Lord met Moses^[b] and was about to kill him. **25** But Zipporah took a flint knife, cut off her son’s foreskin and touched Moses’ feet with it.^[c] “Surely you are a bridegroom of blood to me,” she said. **26** So the Lord let him alone. (At that time she said “bridegroom of blood,” referring to circumcision.)

27 The Lord said to Aaron, “Go into the wilderness to meet Moses.” So he met Moses at the mountain of God and kissed him. **28** Then Moses told Aaron everything the Lord had sent him to say, and also about all the signs he had commanded him to perform.

29 Moses and Aaron brought together all the elders of the Israelites, **30** and Aaron told them everything the Lord had said to Moses. He also performed the signs before the people, **31** and they believed. And when they heard that the Lord was concerned about them and had seen their misery, they bowed down and worshiped.

5. Here we see Moses arguing with God again about his ability. What do you think God is saying or thinking in verse 11?

6. How important would you guess, was Aaron to Moses? God often gives us co-laborers in our work. Elijah had Elisha, Paul had Timothy and Barnabas, even Jesus sent his apostles out the first time in pairs. Do you have a friend like that, that helps you do the things God calls you to do?

Pairing something out of your life

In the message this week, Joel is challenging everyone to make sure they have the healthy margin in their life that God desires for us. Brainstorm some things in your life that are good, but not necessary. Consider stepping back from a group or committee. Or limiting future commitments. Maybe you don't have to cut something out of your life but you need to back down the time you give to something.

Pray and give everyone space to hear from God. Maybe do silent prayer first and then close.



Week 2 - Perks & Challenges

If you need to you can rewatch the Exodus breakdown video from last week.
https://www.youtube.com/watch?v=jH_aojNJM3E

Last week we saw the severity of the Israelite's treatment in Egypt by Pharaoh and how God was making plans to rescue them. Today we are going to look at that rescue.

After Moses and Aaron deliver God's message to Pharaoh this is his response in

Exodus 5:6-9

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; don't reduce the quota. They are lazy; that is why they are crying out, 'Let us go and sacrifice to our God.' **9** Make the work harder for the people so that they keep working and pay no attention to lies."

1. Why did Pharaoh react this way to Moses and Aaron's message? What did Pharaoh fear? (obvs. Losing his slave labor, maybe being seen as an inferior god, etc)
2. This is really important! The Israelites wanted to go worship their God. Their bodies needed the rest and their souls craved that connection to God. But how did Pharaoh interpret their motivations for wanted to leave to go worship God?

Check out verses 5:17-18

17 Pharaoh said, “Lazy, that’s what you are—lazy! That is why you keep saying, ‘Let us go and sacrifice to the Lord.’ **18** Now get to work. You will not be given any straw, yet you must produce your full quota of bricks.”

3. Have you ever misread someone’s motivations? Have you ever been in a disagreement with a family member because of perceived motivations that were wrong?

It’s finally time for God to show his power. Take a minute or two and scan through the plagues in chapters 6-11 of Exodus.

4. What stands out to you about the plagues?

Now let’s read about the Israelites great escape.

Read Exodus 12 (Might want to break it up into multiple readers, its 51 verses)

The Passover and the Festival of Unleavened Bread

12 The Lord said to Moses and Aaron in Egypt, **2** “This month is to be for you the first month, the first month of your year. **3** Tell the whole community of Israel that on the tenth day of this month each man is to take a lamb[a] for his family, one for each household. **4** If any household is too small for a whole lamb, they must share one with their nearest neighbor, having taken into account the number of people there are. You are to determine the amount of lamb needed in accordance with what each person will eat. **5** The animals you choose must be year-old males without defect, and you may take them from the sheep or the goats. **6** Take care of them until the fourteenth day of the month, when all the members of the community of Israel must slaughter them at twilight. **7** Then they are to take some of the blood and put it on the sides and tops of the doorframes of the houses where they eat the lambs. **8** That same night they are to eat the meat roasted over the fire, along with bitter herbs, and bread made without yeast. **9** Do not eat the meat raw or boiled in water, but roast it over a fire—with the head, legs and internal organs. **10** Do not leave any of it till morning; if some is left till morning, you must burn it. **11** This is how you are to eat it: with your cloak tucked into your belt, your sandals on your feet and your staff in your hand. Eat it in haste; it is the Lord’s Passover. **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. No destructive plague will touch you when I strike Egypt.

14 “This is a day you are to commemorate; for the generations to come you shall celebrate it as a festival to the Lord—a lasting ordinance. **15** For seven days you are to eat bread made without yeast. On the first day remove the yeast from your houses, for whoever eats anything with yeast in it from the first day through the seventh must be cut off from Israel. **16** On the first day hold a sacred assembly, and another one on the seventh day. Do no work at all on these days, except to prepare food for everyone to eat; that is all you may do.

17 “Celebrate the Festival of Unleavened Bread, because it was on this very day that I brought your divisions out of Egypt. Celebrate this day as a lasting ordinance for the generations to come. **18** In the first month you are to eat bread made without yeast, from the evening of the fourteenth day until the evening of the twenty-first day. **19** For seven days no yeast is to be found in your houses. And anyone, whether foreigner or native-born, who eats anything with yeast in it must be cut off from the community of Israel. **20** Eat nothing made with yeast. Wherever you live, you must eat unleavened bread.”

21 Then Moses summoned all the elders of Israel and said to them, “Go at once and select the animals for your families and slaughter the Passover lamb. **22** Take a bunch of hyssop, dip it into the blood in the basin and put some of the blood on the top and on both sides of the doorframe. None of you shall go out of the door of your house until morning. **23** When the Lord goes through the land to strike down the Egyptians, he will see the blood on the top and sides of the doorframe and will pass over that doorway, and he will not permit the destroyer to enter your houses and strike you down.

24 “Obey these instructions as a lasting ordinance for you and your descendants. **25** When you enter the land that the Lord will give you as he promised, observe this ceremony. **26** And when your children ask you, ‘What does this ceremony mean to you?’ **27** then tell them, ‘It is the Passover sacrifice to the Lord, who passed over the houses of the Israelites in Egypt and spared our homes when he struck down the Egyptians.’” Then the people bowed down and worshiped. **28** The Israelites did just what the Lord commanded Moses and Aaron.

29 At midnight the Lord struck down all the firstborn in Egypt, from the firstborn of Pharaoh, who sat on the throne, to the firstborn of the prisoner, who was in the dungeon, and the firstborn of all the livestock as well. **30** Pharaoh and all his officials and all the Egyptians got up during the night, and there was loud wailing in Egypt, for there was not a house without someone dead.

The Exodus

31 During the night Pharaoh summoned Moses and Aaron and said, “Up! Leave my people, you and the Israelites! Go, worship the Lord as you have requested. **32** Take your flocks and herds, as you have said, and go. And also bless me.”

33 The Egyptians urged the people to hurry and leave the country. “For otherwise,” they said, “we will all die!” **34** So the people took their dough before the yeast was added, and carried it on their shoulders in kneading troughs wrapped in clothing. **35** The Israelites did as Moses instructed and

asked the Egyptians for articles of silver and gold and for clothing. **36** The Lord had made the Egyptians favorably disposed toward the people, and they gave them what they asked for; so they plundered the Egyptians.

37 The Israelites journeyed from Rameses to Sukkoth. There were about six hundred thousand men on foot, besides women and children. **38** Many other people went up with them, and also large droves of livestock, both flocks and herds. **39** With the dough the Israelites had brought from Egypt, they baked loaves of unleavened bread. The dough was without yeast because they had been driven out of Egypt and did not have time to prepare food for themselves.

40 Now the length of time the Israelite people lived in Egypt was 430 years. **41** At the end of the 430 years, to the very day, all the Lord's divisions left Egypt. **42** Because the Lord kept vigil that night to bring them out of Egypt, on this night all the Israelites are to keep vigil to honor the Lord for the generations to come.

Passover Restrictions

43 The Lord said to Moses and Aaron, "These are the regulations for the Passover meal:

"No foreigner may eat it. **44** Any slave you have bought may eat it after you have circumcised him,

45 but a temporary resident or a hired worker may not eat it.

46 "It must be eaten inside the house; take none of the meat outside the house. Do not break any of the bones. **47** The whole community of Israel must celebrate it.

48 "A foreigner residing among you who wants to celebrate the Lord's Passover must have all the males in his household circumcised; then he may take part like one born in the land. No uncircumcised male may eat it. **49** The same law applies both to the native-born and to the foreigner residing among you."

50 All the Israelites did just what the Lord had commanded Moses and Aaron. **51** And on that very day the Lord brought the Israelites out of Egypt by their divisions.

6. That's some pretty drastic action taken by God wasn't it? But so were the other plagues. God got His way though! Have you ever been slow to react to something that God was doing but finally got to see something beautiful like the Israelites did here, during their escape?

7. What does this part of the Israelite's story teaches us about God?

8. What does this history teach us about our today?

From the Sermon

This whole month we are talking about “Accepting the Gift of God’s Rest”. Last week everyone was challenged to pair something out or down in their life.

8. Is there anything that you prayed about taking down or eliminating in your life? If you weren’t here last week can you think of something off that you could be disciplined enough to say “no” to that would give yourself more time for rest?

This week our challenge is to put together a plan of rest.

Ideally you would:

1. Talk with those in your household so you were all on the same page
2. Have a set time (couple hours, half day, whole day) each week where you rested
3. Set your own ideals: tv/no tv, family games or just reading time, meal together or eating out, phones away or not?, etc

Begin that conversation this week. And next week we’ll look more what the Israelites were instructed to do as they escape from Egypt’s clutches both physically and mentally.

Pray