



Weeks 3 & 4

A Study of the Exodus

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

Outline

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 3 - Appeal to Action (or inaction)

Welcome

We have finally seen the Israelites out of Egypt and out of the Egyptians clutches. After they cross the Red Sea, they are hardly out of danger. They face starvation and thirst in the desert.

1. Have you ever thought you were out of one struggle and then right into the next?
2. Do those times ever shake your faith?

Check out what happens to the Israelites right after they escape the clutches of the Egyptian Army.

Read Exodus 15:22-27

The Waters of Marah and Elim

22 Then Moses led Israel from the Red Sea and they went into the Desert of Shur. For three days they traveled in the desert without finding water. **23** When they came to Marah, they could not drink its water because it was bitter. (That is why the place is called Marah.[f]) **24** So the people grumbled against Moses, saying, “What are we to drink?”

25 Then Moses cried out to the Lord, and the Lord showed him a piece of wood. He threw it into the water, and the water became fit to drink.

There the Lord issued a ruling and instruction for them and put them to the test. **26** He said, “If you listen carefully to the Lord your God and do what is right in his eyes, if you pay attention to

his commands and keep all his decrees, I will not bring on you any of the diseases I brought on the Egyptians, for I am the Lord, who heals you.”

27 Then they came to Elim, where there were twelve springs and seventy palm trees, and they camped there near the water.

3. Was God being clear enough with the Israelites about who was in charge and who was providing?

And then read Exodus 16:1-8

Manna and Quail

16 The whole Israelite community set out from Elim and came to the Desert of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had come out of Egypt. **2** In the desert the whole community grumbled against Moses and Aaron. **3** The Israelites said to them, “If only we had died by the Lord’s hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death.”

4 Then the Lord said to Moses, “I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions. **5** On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days.”

6 So Moses and Aaron said to all the Israelites, “In the evening you will know that it was the Lord who brought you out of Egypt, **7** and in the morning you will see the glory of the Lord, because he has heard your grumbling against him. Who are we, that you should grumble against us?” **8** Moses also said, “You will know that it was the Lord when he gives you meat to eat in the evening and all the bread you want in the morning, because he has heard your grumbling against him. Who are we? You are not grumbling against us, but against the Lord.”

4. What does this interaction between the community and Moses and God make you think? What are their issues if any?

Are you getting a picture of a group of people that were just in their infancy as a nation? They are immature as a group. They are untrained in their faith, but it should be growing at a rapid pace because of what they experience. But hardships always try our faith.

5. What types of hardships for you are the ones that make you question God the most? Just personal ones, like financial issues or relational issues or deaths, not like global hunger.

One of the most misunderstood parts about God giving the Israelites the 10 Commandments is thinking that rules are bad things.

The Israelites are a wandering people when God meets them at Mt. Sinai. They are directionless both spiritually and spacially. So when they hear from God it is a GREAT thing not a bad thing.

Read Exodus 19:

At Mount Sinai

19 On the first day of the third month after the Israelites left Egypt—on that very day—they came to the Desert of Sinai. **2** After they set out from Rephidim, they entered the Desert of Sinai, and Israel camped there in the desert in front of the mountain.

3 Then Moses went up to God, and the Lord called to him from the mountain and said, “This is what you are to say to the descendants of Jacob and what you are to tell the people of Israel:

4 ‘You yourselves have seen what I did to Egypt, and how I carried you on eagles’ wings and brought you to myself. **5** Now if you obey me fully and keep my covenant, then out of all nations you will be my treasured possession. Although the whole earth is mine, **6** you[a] will be for me a kingdom of priests and a holy nation.’ These are the words you are to speak to the Israelites.”

7 So Moses went back and summoned the elders of the people and set before them all the words the Lord had commanded him to speak. **8** The people all responded together, “We will do everything the Lord has said.” So Moses brought their answer back to the Lord.

9 The Lord said to Moses, “I am going to come to you in a dense cloud, so that the people will hear me speaking with you and will always put their trust in you.” Then Moses told the Lord what the people had said.

6. Do you ever wish God would speak to you the way he did to Moses? What advantages do we have that the Israelites didn’t have in our relationship with God?

Prayer



Leaders Guide

Week 4 - Celebrating the God who gives us REST!

We've seen the Israelites out of slavery, and into nationhood. Now they're hearing directly from God through Moses on Mt. Sinai.

So this last week, let's take it easy.

1. What's your favorite thing to do right now with free time?
2. Does anyone have any experiences from taking a time of rest this month?

Read through the commandments given to Moses in Exodus 20:1-21

Exodus 20:1-21

The Ten Commandments

20 And God spoke all these words:

2 "I am the Lord your God, who brought you out of Egypt, out of the land of slavery.

3 "You shall have no other gods before[a] me.

4 "You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. **5** You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, **6** but showing love to a thousand generations of those who love me and keep my commandments.

7 "You shall not misuse the name of the Lord your God, for the Lord will not hold anyone guiltless who misuses his name.

8 "Remember the Sabbath day by keeping it holy. **9** Six days you shall labor and do all your work, **10** but the seventh day is a sabbath to the Lord your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. **11** For in six days the Lord made the heavens and the

earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the Lord blessed the Sabbath day and made it holy.

12 “Honor your father and your mother, so that you may live long in the land the Lord your God is giving you.

13 “You shall not murder.

14 “You shall not commit adultery.

15 “You shall not steal.

16 “You shall not give false testimony against your neighbor.

17 “You shall not covet your neighbor’s house. You shall not covet your neighbor’s wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbor.”

18 When the people saw the thunder and lightning and heard the trumpet and saw the mountain in smoke, they trembled with fear. They stayed at a distance **19** and said to Moses, “Speak to us yourself and we will listen. But do not have God speak to us or we will die.”

20 Moses said to the people, “Do not be afraid. God has come to test you, so that the fear of God will be with you to keep you from sinning.”

21 The people remained at a distance, while Moses approached the thick darkness where God was.

3. Which of these commandments would have stuck out to the Israelites the first time that they heard the list read out loud to them?

4. What do you think the Israelites would have been feeling after hearing these instructions? Would it have been more like a parent lecturing a child or a parent teaching a child a new skill?

From the sermon today, Joel shared this illustration:

Years ago, a series of studies sought to determine how a fence, or a boundary, affected the cognition and behavior of children in a playground. The researchers constructed a playground with no fences. During the experiment, the children stayed in the center—almost in fear—and never ventured out beyond the playground structure. Then the researchers put up a fence. Immediately, the children’s behavior changed. Instead of fearfully staying in the center of the playground, they roamed with freedom all the way to the fence, exploring and enjoying the entire space. Ironically, fences brought freedom. It was the absence of fences that created fear and apprehension.

God continues to speak and give the people very specific instructions. All the things that a people who are establishing their own customs and nationhood will need.

Then in chapter 24, we see the Israelites reaction to all of these instructions.

Exodus 24:3-4

3 When Moses went and told the people all the Lord's words and laws, they responded with one voice, "Everything the Lord has said we will do." **4** Moses then wrote down everything the Lord had said.

Now we know that even though the Israelites all "said in one voice" that they would do what God said, they ended up not being true to their word.

5. Do you think the Israelites were not sincere in their agreement or did they forget what God had told them or something else?

6. When you go against God's will for you, what is usually the problem? Is it a lack of belief? Is it forgetting? Is it bad habits?

To close out we're going to see just how gracious God was to the Israelites

Deuteronomy 9:1-6

"Listen, O Israel! Today you are about to cross the Jordan River to take over the land belonging to nations much greater and more powerful than you. They live in cities with walls that reach to the sky! **2** The people are strong and tall—descendants of the famous Anakite giants. You've heard the saying, 'Who can stand up to the Anakites?' **3** But recognize today that the Lord your God is the one who will cross over ahead of you like a devouring fire to destroy them. He will subdue them so that you will quickly conquer them and drive them out, just as the Lord has promised.

4 "After the Lord your God has done this for you, don't say in your hearts, 'The Lord has given us this land because we are such good people!' No, it is because of the wickedness of the other nations that he is pushing them out of your way. **5** It is not because you are so good or have such integrity that you are about to occupy their land. The Lord your God will drive these nations out ahead of you only because of their wickedness, and to fulfill the oath he swore to your ancestors Abraham, Isaac, and Jacob. **6** You must recognize that the Lord your God is not giving you this good land because you are good, for you are not—you are a stubborn people.

And then the conclusion...

Deuteronomy 10:21-22

21 He alone is your God, the only one who is worthy of your praise, the one who has done these mighty miracles that you have seen with your own eyes. **22** When your ancestors went down into Egypt, there were only seventy of them. But now the Lord your God has made you as numerous as the stars in the sky!

God had delivered on his promise to Abraham from long ago.

When you're struggling with trusting God, it is good to remember what He's already done for you and keep a count of it.

7. What are some cool things you've seen God do?

8. What are your plans for change because of this month's study?