



# EXODUS

40 DAYS OF FREEDOM





WILL DWELL AMONG THE PEOPLE OF  
ISRAEL AND WILL BE THEIR GOD

# 40 DAYS OF FREEDOM

I AM  
"I AM HAS SENT ME TO YOU."



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ISRAEL AND WILL BE THEIR GOD


# 40 DAYS

"I AM HAS SENT ME TO YOU."

## FASTING

Fasting is 'a physical act with a spiritual focus'. In fasting, we voluntarily choose to give up something important to us, and ask God to fill the space left behind. Over the coming eight weeks, then, you might choose to fast from food one day a week, or log off social media for 40 days, or resolve not to watch Netflix for a while. Whenever you miss that thing, turn your heart to God, and seek him in prayer and praise, asking him to give you more of him.





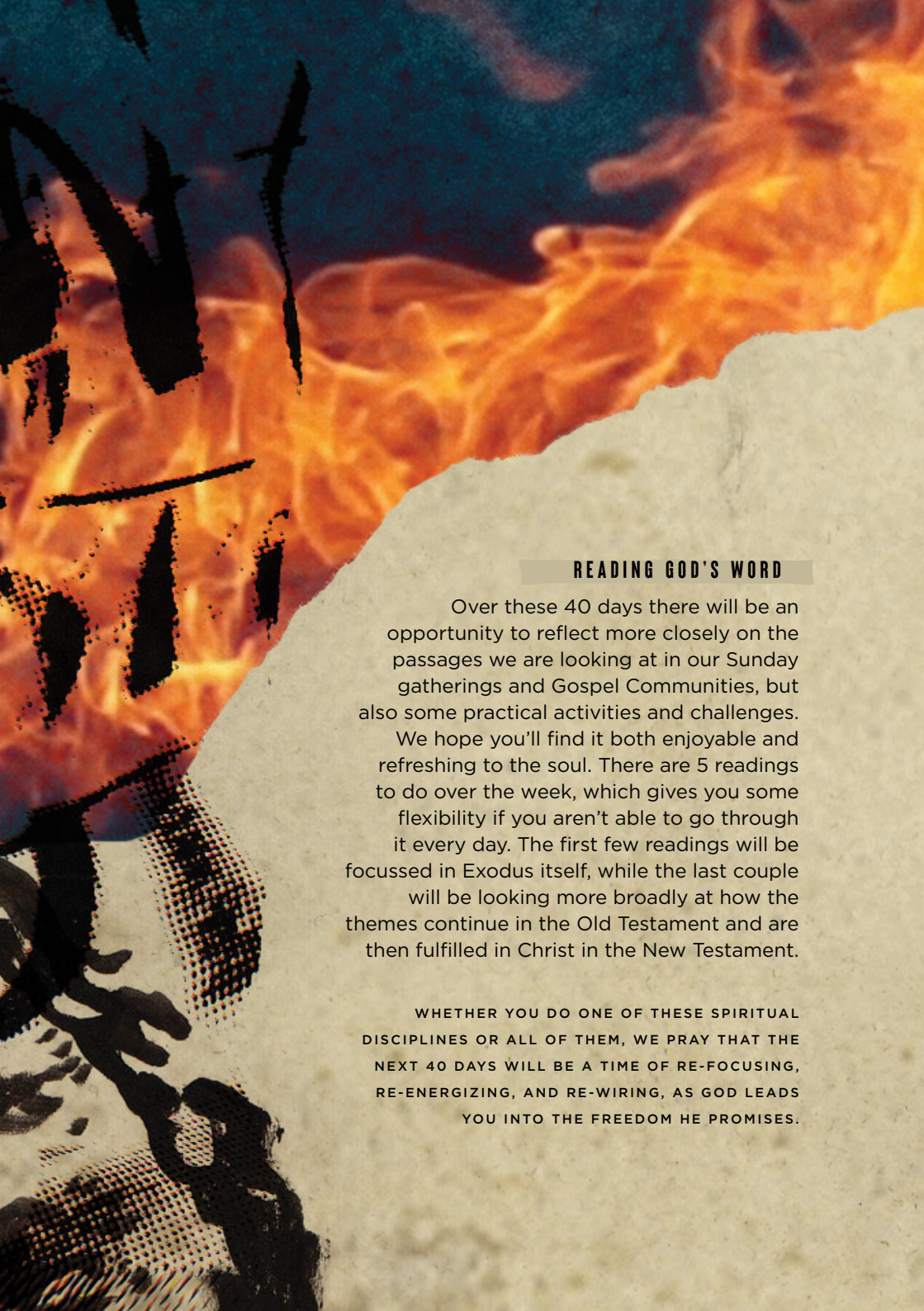
IN THE BOOK OF EXODUS, GOD'S  
PEOPLE ARE CALLED OUT OF EGYPT  
INTO FREEDOM — AND WE ARE  
INVITED TO JOIN THEM. THE GOD OF  
FREEDOM OFFERS LIFE WITH HIM AS  
WE FOLLOW HIM, LEARNING HIS WAYS  
AND DISCOVERING HIS HEART — AND  
SO, OVER THE NEXT EIGHT WEEKS,  
WE ENCOURAGE YOU TO PURSUE  
GOD THROUGH ONE OR MORE OF THE  
FOLLOWING SPIRITUAL DISCIPLINES:

# OF FREEDOM

AND THE LORD WENT BEFORE THEM BY DAY IN A PILLAR OF CLOUD TO  
LEAD THEM ALONG THE WAY, AND BY NIGHT IN A PILLAR OF FIRE TO  
GIVE THEM LIGHT, THAT THEY MIGHT TRAVEL BY DAY AND BY NIGHT.

1:1:1

The Israelites were brought up out of Egypt to be God's witnesses in the world, showing the goodness and wisdom of God to all people. We too are called to this task of making God known to our friends, our family, our colleagues, and the world around us. Over the next eight weeks, take time out to pray for God's blessing in this work: at 1 o'clock each day, pray for 1 minute for 1 of your friends — and see what God does.



## READING GOD'S WORD

Over these 40 days there will be an opportunity to reflect more closely on the passages we are looking at in our Sunday gatherings and Gospel Communities, but also some practical activities and challenges.

We hope you'll find it both enjoyable and refreshing to the soul. There are 5 readings to do over the week, which gives you some flexibility if you aren't able to go through it every day. The first few readings will be focussed in Exodus itself, while the last couple will be looking more broadly at how the themes continue in the Old Testament and are then fulfilled in Christ in the New Testament.

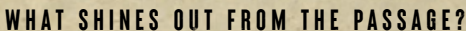
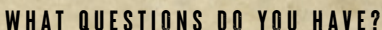
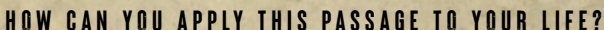
WHETHER YOU DO ONE OF THESE SPIRITUAL DISCIPLINES OR ALL OF THEM, WE PRAY THAT THE NEXT 40 DAYS WILL BE A TIME OF RE-FOCUSING, RE-ENERGIZING, AND RE-WIRING, AS GOD LEADS YOU INTO THE FREEDOM HE PROMISES.





To help you engage with the text, try noting down your observations and questions with the following categories:

**WHAT SHINES OUT FROM THE PASSAGE?**  
Are there particular things that are striking, that

[illegible][illegible][illegible]



# WEEK

## EXODUS 13:17-14:31

The battle between Pharaoh and the LORD has been heating up. Pharaoh's stubborn heart has refused to let the people of God flee, so God as he has promised has inflicted escalating plagues upon Egypt. Finally, in Exodus 12:31-32, Pharaoh has had enough and essentially kicks out Moses and the Israelites. God then institutes the Passover as a festival which would celebrate the great moment in salvation history for Israel, ultimately pointing towards Jesus the lamb who was sacrificed for us.







# ONE

BUT IF YOU REFUSE TO LET THEM GO,  
BEHOLD, I WILL PLAGUE ALL YOUR  
COUNTRY. *PLAGUE*



# DAY 1

EXODUS 13:17-14:4

What is the purpose of Pharoah's heart hardening?  
How do we see God being with his people?

# DAY 2

How do both Pharoah and Israel do a backflip  
and change their mind in this passage?

EXODUS 14:5-14

In verse 13-14 we see Moses call the people to trust in the Lord - a call to fear not, and stand firm. We are like Israel, so often fickle when things aren't looking good, and then forgetful of him when things are going well! But the promise for Israel is true for us today, the LORD will fight for you, you only have to be silent. How encouraging is it that God is fighting our battles and ultimately, he has fought our biggest battle, victory over sin and death through his son Jesus Christ on the cross. There's nothing we bring to our salvation, only a silent (well not always silent!) trust in Jesus.

Take a moment bringing before God the battles that you are facing at the moment and praise him that he is both with you and triumphant with your deepest need.

# DAY 3

EXODUS 14:15-31

What is striking? What questions do you have?

## CHALLENGE FOR THE WEEK

Spend a couple of minutes each day reflecting on your salvation.  
Where would you be without God? How has God saved you?



ISAIAH 43:1-19

## DAY 4

The prophet Isaiah, despite writing 800 years later, is writing with the Exodus very much in mind. The same God who has delivered Israel from Egypt, would deliver them from the exile from Babylon. Where do we see echoes of the Exodus in this passage? How do you see God's glory in salvation?

## DAY 5

HEBREWS 3:1-6

As we turn to the New Testament we see how Jesus is the greater redeemer, the greater Moses. How is Jesus better than Moses? Give thanks to God that we have Jesus as our great leader who has delivered us from the slavery of sin and through him we can have rest in the eternal promised land.



# WEEK

AND HE RECEIVED THE GOLD FROM THEIR H  
AND FASHIONED IT WITH A GRAVING TOOL  
MADE A GOLDEN CALF GOLDEN CALF





# TWO

EXODUS 15:1-22

After the great deliverance God brings to Israel, Moses leads the people into a victory song, giving praise to him for rescuing them from the hands of their oppressors.



## CHALLENGE FOR THE WEEK

Moses and the people of God rejoiced in song after he has saved them. We too are called to sing in response to what God has done for us as Paul says, *“Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God”* (Colossians 3:17). This week, why don’t you devote some time where you intentionally sing to God in response to what he has done. Maybe it’s in the car or in the shower or maybe with your family playing some of your favourite worship songs on YouTube.

# DAY 1

EXODUS 15:1-3

How is God described in this passage? Why does that give Moses confidence to sing? What reasons do you have to sing to God?

13

# DAY 2

EXODUS 15:4-10

How is God portrayed in this passage? Are there attributes of God that you often think about?

God’s justice here is good news. He is defeating his enemy Pharaoh, who set himself against God. We have even better news: the final enemy—death—has been defeated, by Jesus. He was not cast into the Red Sea, but the sea of God’s judgement in place of humanity. However, the great spiritual battle was over quickly, when Jesus rose victoriously from the grave giving us hope of life forever. Spend a moment praising God for what he has done.



## DAY 3

EXODUS 15:11-22

How is God portrayed in this passage? How do Miriam and the women react to what God has done? How does your heart react?

## DAY 4

PSALM 136

Exodus is often called the *Gospel of the Old Testament*. It is the great salvation story for God's people being rescued prior to Jesus. For hundreds of years after Moses, Israel would reflect and sing about what God had done in rescuing his people. This Psalm in many ways is an echo of Moses song we have been reading about this week. How is God described? How is this different to the songs you usually sing about God?

14

In the book of Revelation we see John given a vision peeling back the curtain about what the kingdom of God is like. There is lots of symbolic language that you don't have to get bogged down in here, but we see a picture of the throne room with everyone bowing to the Lord Jesus. What is the picture of Jesus in this passage? What is the song that the elders are singing to Jesus? How might knowing that this is the picture of heaven, what is to come, shape how you live this week?

REVELATION 5

## DAY 5



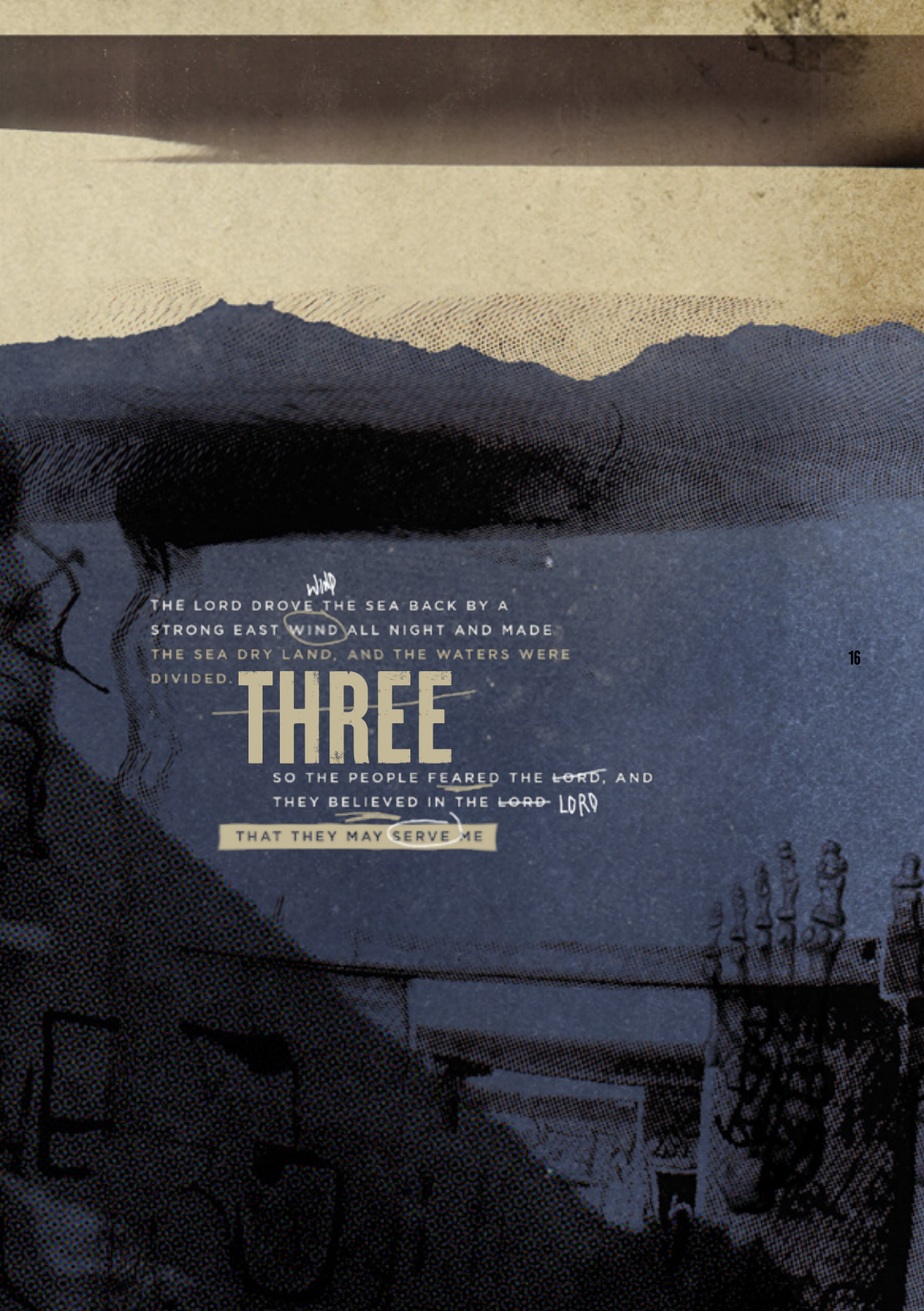


# WEEK

## EXODUS 15:22-17:11

God's people have now crossed through the Red Sea, but their journey has only just begun; now they face the challenges of life in the wilderness. How will God provide for them when it seems like, in human terms, they have nothing? Perhaps you feel a bit the same, and this season feels like life in the wilderness. Maybe you've been hit by the impact of COVID financially, emotionally or you are feeling spiritually depleted. This week is good news! It reminds us that even when our circumstances look bad, God is in control, and he is able to provide — maybe not what we want, but what we need.





THE LORD DROVE THE SEA BACK BY A  
STRONG EAST <sup>WIND</sup> WIND ALL NIGHT AND MADE  
THE SEA DRY LAND, AND THE WATERS WERE  
DIVIDED.

# THREE

SO THE PEOPLE FEARED THE LORD, AND  
THEY BELIEVED IN THE LORD LORD

THAT THEY MAY SERVE ME



EXODUS 15:22-27

# DAY 1

What are the people complaining about? How does God provide for them? How does God describe himself to his people?

# DAY 2

EXODUS 16

17

What does Israel complain about? How does God respond? Despite God rescuing Israel, how does Israel fail twice to keep God's commands? We too have been rescued by Jesus' blood. We have been saved from the penalty and power of sin and have new life with God now and enjoyed forever in his eternal promised land. But if we are honest with ourselves, are we any better than Israel? When are the times in your life where you are tempted to defy what God has commanded you because there's something that you want?

## CHALLENGE FOR THE WEEK

As God provides for his people, what might it look like for you to bless someone practically this week? Perhaps you can consider something like sponsoring a child through Compassion, or maybe there is someone in your community that's struggling. Think and pray about someone you could be a blessing to this week.

I could be a blessing to \_\_\_\_\_

By giving them \_\_\_\_\_

\_\_\_\_\_



## DAY 3

EXODUS 17:1-11

What do Israel complain about? How does God provide? Where in your life are you tempted to grumble towards God, or what he has given you?

## DAY 4

PSALM 95

In the Old Testament, the names of people and places are packed with meaning. Massah (testing) and Meribah (quarrelling) is given as the name of the place where Israel rebelled against God (see Hebrews 3:7-15). For generations after Moses, Israel was meant to remember these places and learn from their mistakes. Where did Israel go wrong at Meribah and Massah? What is God's response to their actions & attitude? What should our response be instead towards who God is and what he has done? (Psalm 95:1-7)

18

## DAY 5

HEBREWS 3:7-15

The writer of Hebrews uses Psalm 95 and the events at Masah and Meribah in a profound way to challenge us today. He is writing to Christians who still have the same temptations that Israel had, just in a different context. What is the warning that he gives Christians? In verse 13 we see a response to that warning, to exhort (encourage) each other every day as we share in what Christ has done. Who could you encourage today to keep trusting Jesus? Pray for that person and send them a message of encouragement now.

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# WEEK

AND THE ANGEL OF THE LORD APPEARED TO  
HIM IN A FLAME OF FIRE OUT OF THE MOUTH  
OF A BUSH. HE LOOKED, AND BEHOLD, THE  
BUSH WAS BURNING, YET IT WAS NOT  
~~CONSUMED.~~ CONSUMED





# FOUR

## EXODUS 15:22-17:11

After God has provided for his people even in the midst of their rebellion, God now reveals his glory again to Moses and the people of Israel. God first spoke to Moses on the mountain, and here God calls him up Mount Sinai to speak again. This time he makes promises to his people of an everlasting covenant, that he would be with his people, his special possession.



# DAY 1

EXODUS 19:1-6

How does God describe himself relationally to his people here? What vision does he cast for Israel? What are they to be like?

What is God's hope for his people in verses 7-9? Why does God tell his people to not go close to the mountain and wash their clothes? What is God saying about his character?

EXODUS 19:7-15

# DAY 2

## CHALLENGE FOR THE WEEK

We are now halfway through our 40 days and instead of adding a new challenge this week, our challenge is to be intentional with our fast. Perhaps you started a fast but gave up after a couple of days — that's ok! The purpose of the fast is not to score points with God, but to reflect on the goodness and holiness of God. It's a response to who he is and what he has done. It is a response to God revealing himself to you and is a tangible reminder that he is the one who provides for us. So, this week, the challenge is to recommit a fast to God, whatever that might look like in your context.



## DAY 3

EXODUS 19:16-25

What are the things Moses would have seen and heard in verses 16-20? What does that tell us about God?

God is holy, awesome and powerful! We will be blown away when his glory is revealed in its fullness to us. What is something you could do this week, to remind yourself or others of who God is?

## DAY 4

1 PETER 2:9-12

1 Peter is written to Christians who are sojourners and exiles, scattered across the world. How are we like the people of Israel in Exodus 19?

In response to God choosing us, how are we to live? Is there anything practical you could do this week in response to this?

## DAY 5

HEBREWS 12:18-28

This passage is written to Christians, who have been included in God's promises through Jesus. Our mountain is not physical, but spiritual, with Zion representing our new dwelling place with God in heaven. How are we similar to Israel in Exodus 19? How are we different? Spend a moment to stop, reflect on God who is and pray in response.



... I WILL DWELL AMONG THE PEOPLE OF <sup>BE THEIR</sup>  
ISRAEL AND WILL BE THEIR GOD <sup>GOD</sup>

WEEK

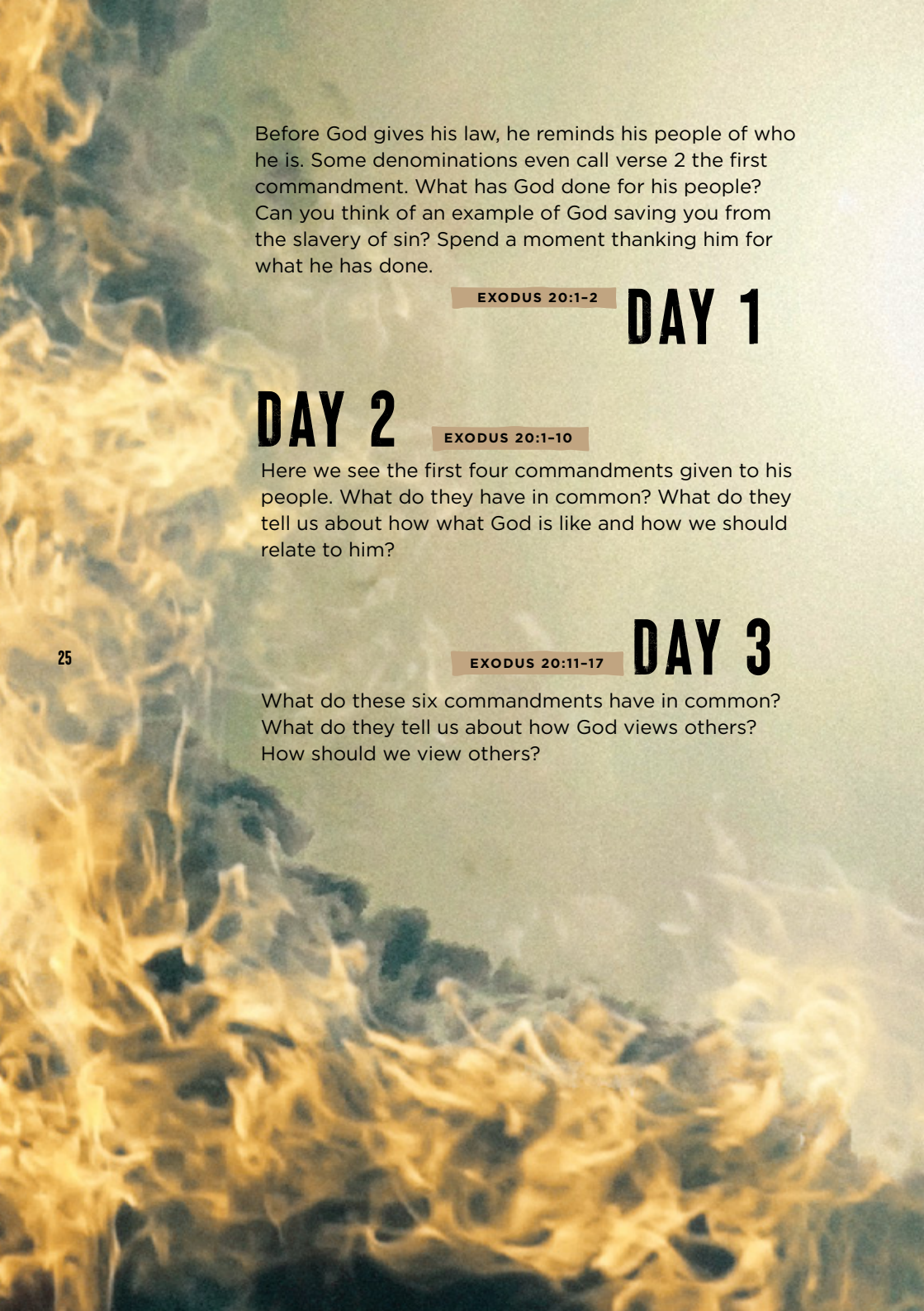


# FIVE

## EXODUS 20:1-21

After gloriously revealing who he is, God now shows his people how he wants them to live in response. If you have had any church experience you will probably be familiar with the 10 commandments, which are the focus of this week's readings — but it's important to not just see them as 10 rules on how to live, but laws given by a holy God to his people.





Before God gives his law, he reminds his people of who he is. Some denominations even call verse 2 the first commandment. What has God done for his people? Can you think of an example of God saving you from the slavery of sin? Spend a moment thanking him for what he has done.

EXODUS 20:1-2

## DAY 1

## DAY 2

EXODUS 20:1-10

Here we see the first four commandments given to his people. What do they have in common? What do they tell us about how what God is like and how we should relate to him?

## DAY 3

EXODUS 20:11-17

What do these six commandments have in common? What do they tell us about how God views others? How should we view others?



**CHALLENGE FOR THE WEEK**

In the Gospels Jesus is asked by a Pharisee which is the greatest commandment, to which he replies with not one, but two: to love God and love your neighbour as yourself. Our challenge this week is to think practically about one way we can love God and love our neighbour.

One thing I could do to love God this week:

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One thing I could do to love others this week:

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**DAY 4**

EXODUS 20:18-21

How do we see God's glory in this passage? Verse 20 is somewhat of a paradox: Israel shouldn't fear, but the fear of God will keep them from sinning.

How should having the right view of God affect our behaviour?

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**DAY 5**

MARK 10:17-27

Here we see a pious man who tried to live by the commandments. He was probably well respected in the community — the kind of guy you would look up to and respect. Yet Jesus answer to him is somewhat surprising.

Which (of the 10 commandments) does Jesus omit in his list? What might that tell you about his problem? Is it possible to be saved by the commandments? How then are we saved?





DURING THOSE MANY DAYS THE KING OF EGYPT DIED,  
AND THE PEOPLE OF ISRAEL GROANED BECAUSE OF  
THEIR SLAVERY AND CRIED OUT FOR HELP.

# WEEK

GOD HEARD THEIR GROANING, AND GOD REMEMBERED  
HIS COVENANT. GOD SAW THE PEOPLE OF ISRAEL—  
AND GOD KNEW.



# SIX

## EXODUS 31:1-11

God's law for his people comes in the context of a holy God calling his people to be holy: "You yourselves have seen what I did to the Egyptians, and how I bore you on eagles' wings and brought you to myself. Now therefore, if you will indeed obey my voice and keep my covenant, ... you shall be to me a kingdom of priests and a holy nation" (Exodus 19:4-6). God desires his people to be holy so that he can come and dwell in their midst!





## DAY 1

EXODUS 31:1-11

A lot of different types of work needed to be done for the tabernacle. Work through the passage to identify each type (e.g. design, metalwork...). How did God enable Bezalel to do this work? Who else did God gift to do the work required? Spend some time thanking God that he gives generously of his Spirit to all his people (1 Corinthians 12:7).

## DAY 2

EXODUS 35:4-29

What did the Lord command his people in this passage? How are the people who responded described throughout this passage? Pray that the Lord will do for you the same thing he did for his people then.



## DAY 3

EXODUS 40:16-34

How did Moses respond to the Lord in this passage?  
What was the result? Praise the Lord for Christ Jesus, who  
tabernacled amongst us (as John 1:14 is literally translated).

## DAY 4

1 KINGS 8:12-21, 27-30

Why did Solomon build a temple for the Lord? If Solomon  
understood that God wouldn't literally live in the temple, why  
did he build it (1 Kings 8:27-30)? Thank God that he listens to  
our prayers and pleas, and forgives us from heaven.

## DAY 5

REVELATION 21:1-3, 22-26

What is our ultimate hope for God's dwelling place? Why  
will we no longer need a tabernacle or temple one day?  
What will we bring into the eternal city (Revelation 21:24,  
26)? What do you think this means? How does this relate to  
your creative work during the week?

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### CHALLENGE FOR THE WEEK

This week we will reflect upon God's very specific instructions for the assembly of the tabernacle. This was necessary so that God could live in the midst of his people. God called particular individuals to follow his detailed instructions and gifted them to do the work required. In a similar way, God calls us to follow his specific instructions on holiness AND gifts us with his Spirit of holiness so that we might do so! This week offers an opportunity for us to use our gifts to show our joy and gratitude to the Lord for including us in his holy nation. What will you create to worship the Lord this week? Show it to your Gospel Community to encourage them if you can!



LOVE MY VOICE AND KEEP MY COMMAND AND  
YOU SHALL BE MY TREASURED POSSESSION WEEK 14

# WEEK

YOU SHALL BE TO ME A KINGDOM OF  
PRIESTS AND A HOLY NATION.



# SEVEN

## EXODUS 31:12-18

After the Lord gifted his people with his Spirit of creativity he commanded them to set aside time each week to cease their work and find refreshment in him.





# DAY 1

EXODUS 31:12-18

What in this passage suggests how seriously the Lord treated the Sabbath in the Old Testament? What reasons did the Lord give as to why the Sabbath needed to be kept by the nation of Israel?

# DAY 2

EXODUS 20:8-11; 35:1-3

Who did the Lord desire would experience the blessings of the Sabbath (Exodus 20:8-11)? From both passages, what did it look like for ancient Israel to keep the Sabbath holy?

# DAY 3

EXODUS 16:22-30

How did the Lord provide for his people to make the Sabbath possible? What did it practically look like to trust the Lord on the Sabbath? How do both of these things challenge you as you think about your weekly routine?

# DAY 4

MARK 2:23-3:6

"The Sabbath was made for man, not man for the Sabbath." How does Jesus challenge our legalistic tendencies when we consider the idea of a Sabbath? What did Jesus say the Sabbath should be used for (Mark 3:4)? Where might you set aside time each week to ensure you do this?



# DAY 5

HEBREWS 4:1-11

This passage reveals that there are multiple fulfilments to the concept of God's rest. Look at Hebrews 4:2, 4, 7, 8 and answer: who did God promise rest to throughout the Scriptures? What reasons does this passage give as to why God's people fail to fully enter his rest?

The epistle to the Hebrews suggests that many of the Old Testament laws and instructions were shadows of spiritual realities (Hebrews 8:5, 10:1). This means that the Sabbath is ultimately meant to point us towards eternal rest. We now cease from doing good works to save ourselves (as if they ever could!) so that one day we will enter God's rest where we will refresh ourselves in him forever. Spend some time praising God for the hope of rest to come, when we will cease our eternal struggles and truly be set apart for God forever!

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## CHALLENGE FOR THE WEEK

Spend some time this week reviewing your weekly rhythms. Experiencing lockdown over the past eighteen months has created an opportunity for us all to break our daily routines. Reflect on this. What new things should you introduce into your regular schedule? What things did you do previously that you need to reintroduce? What might you lose so that you have more time to refresh yourself in the Lord and in his people each week?





# WEEK

AND THE LORD WENT BEFORE THEM IN A PILLAR OF CLOUD TO  
LEAD THEM ALONG THE WAY, AND BY NIGHT IN A PILLAR OF FIRE TO  
GIVE THEM LIGHT, THAT THEY MIGHT TRAVEL BY DAY AND BY NIGHT.





# EIGHT

## PSALM 103:2

Bless the Lord, O my soul, and forget not all his benefits. This week we see why this Psalm is so necessary for those of us who are journeying with Jesus.



## DAY 1

EXODUS 32:1-6

Reflect on the context of the passage. What has happened so far in this story? What do these verses teach you about the human heart?

Whose wrath and anger burn hot in these verses? Why? Why do you think that God allows Moses to also see the sin of Israel?

EXODUS 32:7-24

## DAY 2

## DAY 3

EXODUS 32:25-35

What does Moses ask of the people? What does Moses ask of God? What promise does God still keep? What does that tell you about God?

What stands out to you in this passage? Why? How would you apply the grace of God to your battle of sin?

HEBREWS 3:7-19

## DAY 4

## DAY 5

ROMANS 8:26-39

In this passage what does the Holy Spirit and Jesus have in common? How does their work on your behalf shape your attitude toward a life with Jesus?



### CHALLENGE FOR THE WEEK

The Exodus text this week highlights the propensity of humans to quickly forget our identity as children of God and turn instead to man-made false gods to make up for our identity amnesia. Take a walk with a good friend who also loves Jesus, share with each other the areas in your heart that you're quick to run to instead of God. Encourage each other to be checking in and seeing how God is growing each of you in putting those idols to death with help of the Holy Spirit.



OBEY MY VOICE AND KEEP MY COVENANT AND  
YOU SHALL BE MY TREASURED POSSESSION 1

**CITY**  
**ON A HILL**