



EXODUS

cries of the oppressed

18 “The Spirit of the LORD is upon me,
for he has anointed me to bring Good News to the
poor.
He has sent me to proclaim that captives will be
released,
that the blind will see,
that the oppressed will be set free,
19 and that the time of the LORD’s favor has come.”

Luke 4:18-19 NLT





“
Let my people go
”

“
Exodus
”

“
The promised land
”

“
Golden calf
”

“
Parting the
Red Sea
”

“
Back to Egypt
”

“
The Ten
Commandments
”



The Books of the Bible



The Pentateuch

1. **Genesis** – God's promise to Abraham's family
2. **Exodus** – Deliverance from slavery and covenant with God
3. **Leviticus** – How to be holy as God is Holy
4. **Numbers** – 40 years of wandering in the desert
5. **Deuteronomy** – Preparation to enter the Promised Land

⁸ Eventually, a new king came to power in Egypt who knew nothing about Joseph or what he had done. ⁹ He said to his people, “Look, the people of Israel now outnumber us and are stronger than we are. ¹⁰ We must make a plan to keep them from growing even more. If we don’t, and if war breaks out, they will join our enemies and fight against us. Then they will escape from the country.”

¹¹ So the Egyptians made the Israelites their slaves. They appointed brutal slave drivers over them, hoping to wear them down with crushing labor. They forced them to build the cities of Pithom and Rameses as supply centers for the king. ¹² But the more the Egyptians oppressed them, the more the Israelites multiplied and spread, and the more alarmed the Egyptians became. ¹³ So the Egyptians worked the people of Israel without mercy. ¹⁴ They made their lives bitter, forcing them to mix mortar and make bricks and do all the work in the fields. They were ruthless in all their demands.

Exodus 1:8-14 NLT

²³ Years passed, and the king of Egypt died. But the Israelites continued to groan under their burden of slavery. They cried out for help, and their cry rose up to God. ²⁴ God heard their groaning, and he remembered his covenant promise to Abraham, Isaac, and Jacob. ²⁵ He looked down on the people of Israel and knew it was time to act.

Exodus 2:23-25 NLT

EXODUS
READINGS

IMPORTANT MOMENTS

GOD'S CHARACTER/JESUS'
FULFILMENT

EXODUS READINGS

Ch 1-4

IMPORTANT MOMENTS

Slavery in Egypt
Moses and burning bush

GOD'S CHARACTER/JESUS' FULFILMENT

God is YHWH
Jesus the better Moses

EXODUS READINGS

Ch 1-4

IMPORTANT MOMENTS

**Slavery in Egypt
Moses and burning bush**

Ch 5-10

10 plagues confront Pharaoh

GOD'S CHARACTER/JESUS' FULFILMENT

**God is YHWH
Jesus the better Moses**

**God acts to bring salvation
Jesus is our exodus from spiritual slavery**

EXODUS READINGS

Ch 1-4

**Slavery in Egypt
Moses and burning bush**

Ch 5-10

10 plagues confront Pharaoh

Ch 11-16

**Passover
The Exodus
Crossing the red sea**

IMPORTANT MOMENTS

GOD'S CHARACTER/JESUS' FULFILMENT

**God is YHWH
Jesus the better Moses**

**God acts to bring salvation
Jesus is our exodus from spiritual slavery**

**God remembers his promises
Jesus the eternal Passover lamb
Waters of Baptism**

EXODUS READINGS

Ch 1-4

Slavery in Egypt
Moses and burning bush

Ch 5-10

10 plagues confront Pharaoh

Ch 11-16

Passover
The Exodus
Crossing the red sea

Ch 17-22

Grumbling in desert
Meeting God at Mt Sinai
10 commandments

IMPORTANT MOMENTS

GOD'S CHARACTER/JESUS' FULFILMENT

God is YHWH
Jesus the better Moses

God acts to bring salvation
Jesus is our exodus from spiritual slavery

God remembers his promises
Jesus the eternal Passover lamb
Waters of Baptism

God is holy
New Covenant in Christ

EXODUS READINGS

Ch 1-4

Slavery in Egypt
Moses and burning bush

Ch 5-10

10 plagues confront Pharaoh

Ch 11-16

Passover
The Exodus
Crossing the red sea

Ch 17-22

Grumbling in desert
Meeting God at Mt Sinai
10 commandments

Ch 23-28

Instructions to build the Tabernacle
Moses on Mt Sinai

IMPORTANT MOMENTS

GOD'S CHARACTER/JESUS' FULFILMENT

God is YHWH
Jesus the better Moses

God acts to bring salvation
Jesus is our exodus from spiritual slavery

God remembers his promises
Jesus the eternal Passover lamb
Waters of Baptism

God is holy
New Covenant in Christ

God prepares his people

EXODUS READINGS

Ch 1-4

Slavery in Egypt
Moses and burning bush

Ch 5-10

10 plagues confront Pharaoh

Ch 11-16

Passover
The Exodus
Crossing the red sea

Ch 17-22

Grumbling in desert
Meeting God at Mt Sinai
10 commandments

Ch 23-28

Instructions to build the Tabernacle
Moses on Mt Sinai

Ch 29-34

The Golden Calf
Rebellion and covenant renewal
Commandments 2.0

IMPORTANT MOMENTS

GOD'S CHARACTER/JESUS' FULFILMENT

God is YHWH
Jesus the better Moses

God acts to bring salvation
Jesus is our exodus from spiritual slavery

God remembers his promises
Jesus the eternal Passover lamb
Waters of Baptism

God is holy
New Covenant in Christ

God prepares his people

God is faithful
Jesus' righteousness for our rebellion

EXODUS READINGS

Ch 1-4

Slavery in Egypt
Moses and burning bush

Ch 5-10

10 plagues confront Pharaoh

Ch 11-16

Passover
The Exodus
Crossing the red sea

Ch 17-22

Grumbling in desert
Meeting God at Mt Sinai
10 commandments

Ch 23-28

Instructions to build the Tabernacle
Moses on Mt Sinai

Ch 29-34

The Golden Calf
Rebellion and covenant renewal
Commandments 2.0

Ch 35-40

Building the Tabernacle
God's glory fills the Tabernacle

IMPORTANT MOMENTS

GOD'S CHARACTER/JESUS' FULFILMENT

God is YHWH
Jesus the better Moses

God acts to bring salvation
Jesus is our exodus from spiritual slavery

God remembers his promises
Jesus the eternal Passover lamb
Waters of Baptism

God is holy
New Covenant in Christ

God prepares his people

God is faithful
Jesus' righteousness for our rebellion

Jesus is God incarnate
Holy Spirit fills the Believer/Church

40 DAYS OF LENT:

READ the daily chapter

PRAY the daily prayer

FAST the 40 days of Lent

What will you give up for Lent?

40 DAYS OF LENT: **READ, PRAY, FAST**

<input type="checkbox"/> EXODUS 5 DISCOVER CHURCH MON FEB 23	<input type="checkbox"/> EXODUS 11 DISCOVER CHURCH MON MAR 02	<input type="checkbox"/> EXODUS 17 DISCOVER CHURCH MON MAR 09
<input type="checkbox"/> EXODUS 6 RADICAL PRAYER TUE FEB 24	<input type="checkbox"/> EXODUS 12 RADICAL PRAYER TUE MAR 03	<input type="checkbox"/> EXODUS 18 RADICAL PRAYER TUE MAR 10
<input type="checkbox"/> EXODUS 7 SILENT PRAYER WED FEB 25	<input type="checkbox"/> EXODUS 13 SILENT PRAYER WED MAR 04	<input type="checkbox"/> EXODUS 19 SILENT PRAYER WED MAR 11
<input type="checkbox"/> EXODUS 8 RELINQUISHING PRAYER THU FEB 26	<input type="checkbox"/> EXODUS 14 RELINQUISHING PRAYER THU MAR 05	<input type="checkbox"/> EXODUS 20 RELINQUISHING PRAYER THU MAR 12
<input type="checkbox"/> EXODUS 9 FORMATION PRAYER FRI FEB 27	<input type="checkbox"/> EXODUS 15 FORMATION PRAYER FRI MAR 06	<input type="checkbox"/> EXODUS 21 FORMATION PRAYER FRI MAR 13
<input type="checkbox"/> EXODUS 10 REACHING PRAYER SAT FEB 28	<input type="checkbox"/> EXODUS 16 REACHING PRAYER SAT MAR 07	<input type="checkbox"/> EXODUS 22 REACHING PRAYER SAT MAR 14

SCAN THE CHAIR: Follow Discover Church on the Bible App to access the reading plan digitally.

FORTY symbolises Preparation

40 days of Lent

40 chapters in Exodus

40 years Moses hidden in the wilderness

40 years Israel wanders in the wilderness

40 days Jesus is tempted in the wilderness

The Spiritual Practices

1. **Prayer** - Daily habit of being alone with Jesus
2. **Scripture** - Daily habit of reading the Bible
3. **Solitude**
4. **Sabbath**
5. **Fasting**
6. **Community**
7. **Generosity**

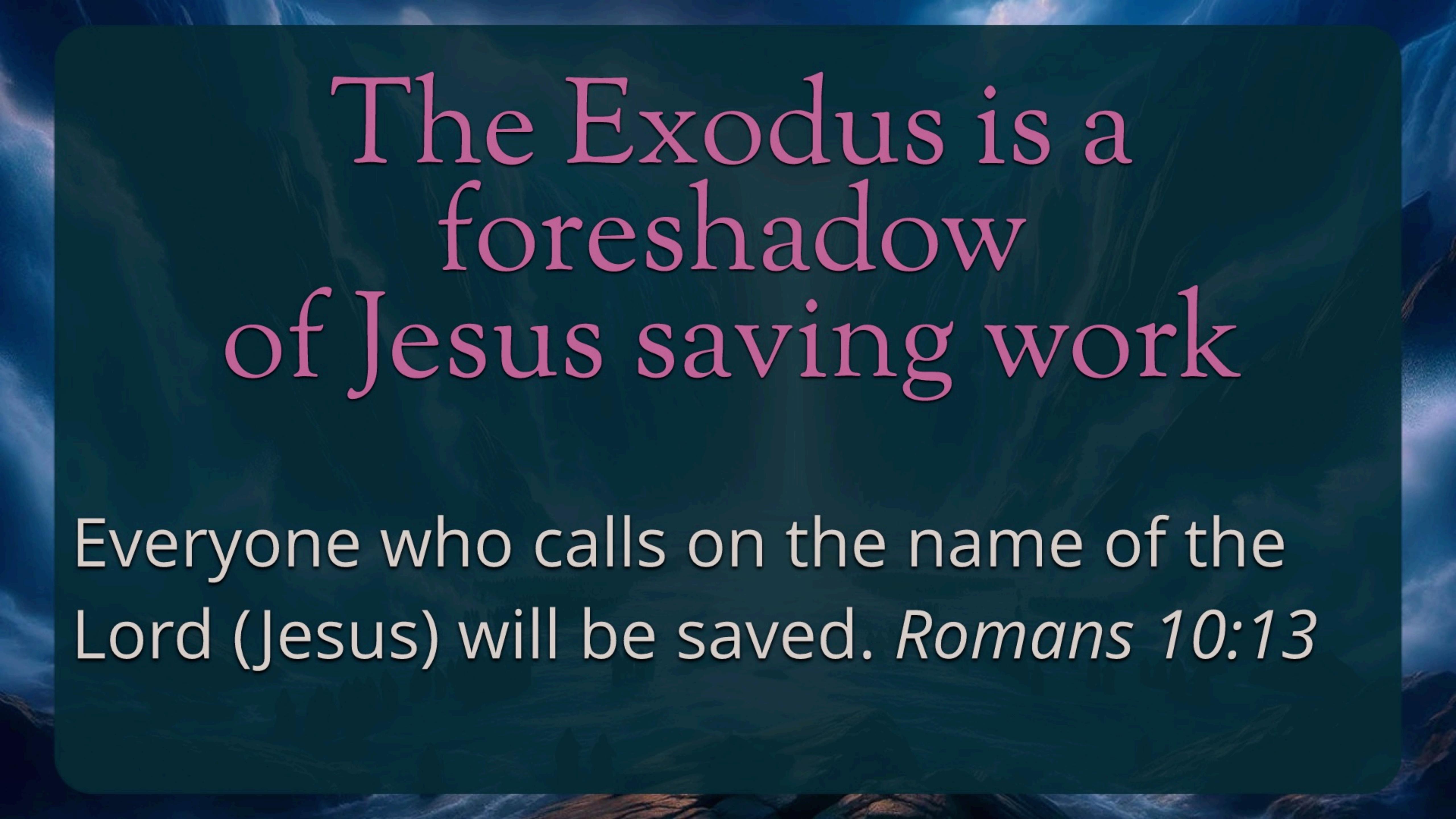
But the Israelites continued to groan under their burden of slavery. They cried out for help, and their cry rose up to God.

²⁴ God heard their groaning, and he remembered his covenant promise to Abraham, Isaac, and Jacob. ²⁵ He looked down on the people of Israel and knew it was time to act.

Exodus 2:23-25 (NLT)

The God who...

- Controls history
- Hears our cry for help
- Remembers
- Acts to bring salvation



The Exodus is a
foreshadow
of Jesus saving work

Everyone who calls on the name of the
Lord (Jesus) will be saved. *Romans 10:13*

1. Read Exodus 1:8-14 and 2:23-25. How is God's character revealed in his act of saving Israel from their oppressors?
2. Share what you are fasting for the 40 days of Lent (Feb 18 - April 4) and how you can hold each other accountable?
3. Discuss how you will complete the Exodus Reading Plan together.
4. End in Prayer by Reciting Psalm 81:5-16 together.

DISCUSSION QUESTIONS

5 He made it a law for Israel
when he attacked Egypt to set us free.

I heard an unknown voice say,

6 “Now I will take the load from your shoulders;
I will free your hands from their heavy tasks.

7 You cried to me in trouble, and I saved you;
I answered out of the thundercloud
and tested your faith when there was no
water at Meribah.

⁸ “Listen to me, O my people, while I give you stern warnings.

O Israel, if you would only listen to me!

⁹ You must never have a foreign god;
you must not bow down before a false god.

¹⁰ For it was I, the LORD your God,
who rescued you from the land of Egypt.

Open your mouth wide, and I will fill it with good things.