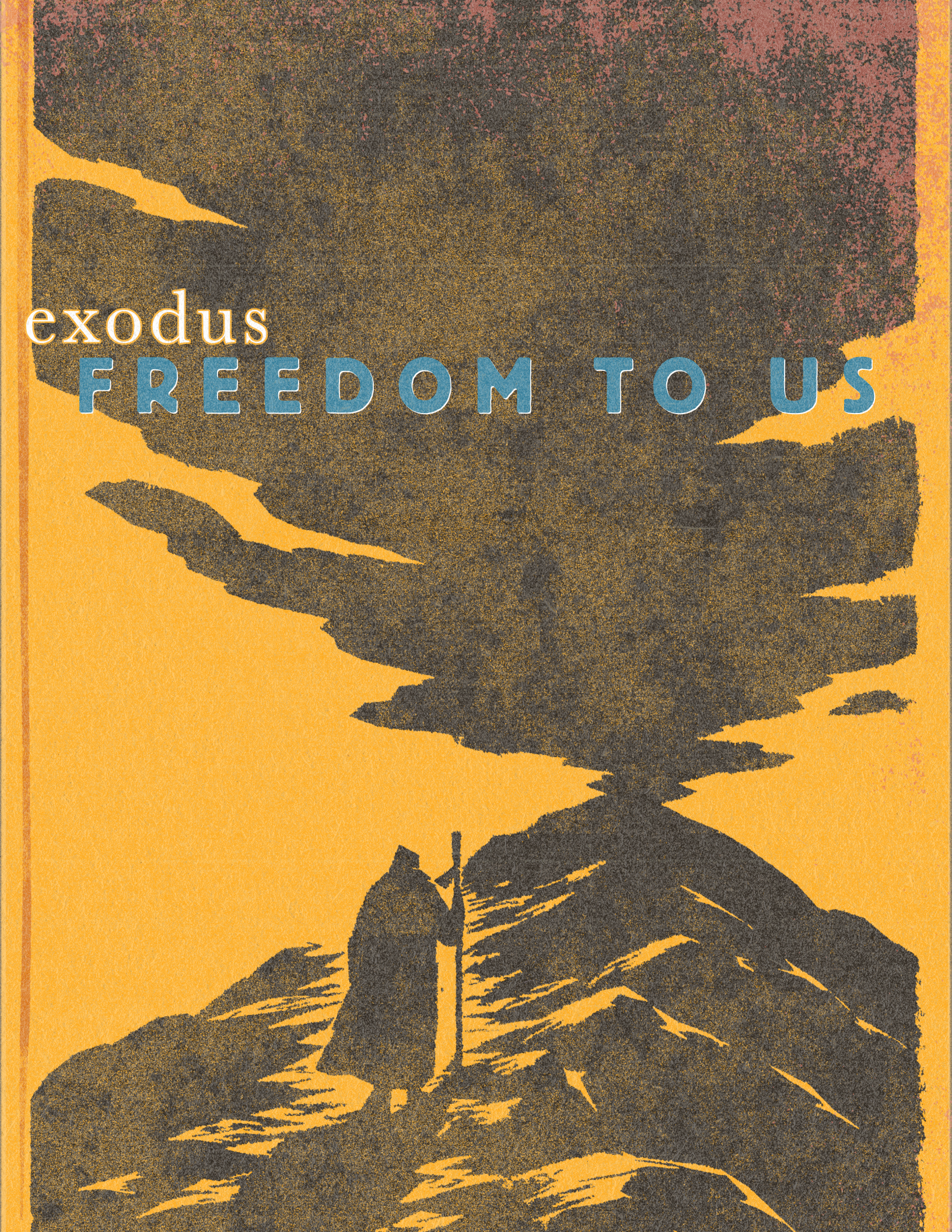




exodus

FREEDOM TO US

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Exodus: Freedom to Us

Introduction

God's redemption was never the end of the story—it was the beginning.

In Exodus, God rescues His people from slavery in Egypt through mighty acts of power and grace. But once they are free, a new challenge emerges: learning how to live as God's people.

Freedom is more than escaping bondage. Freedom is learning to trust God, walk with God, depend on God, and become the people He created us to be.

As Israel journeys through the wilderness, they discover that although Egypt is behind them, their hearts still need transformation. God uses hunger, thirst, community, worship, covenant, commandments, and justice to teach His people what true freedom looks like.

Throughout these chapters we see that freedom is not found in self-sufficiency, autonomy, or getting everything we want. Freedom is found in trusting God's provision, embracing God's people, living under God's rule, and enjoying God's presence.

Another way to think of this is that the first 15 chapters of Exodus is about God taking his people out of Egypt. The next 8 chapters are about God taking Egypt out of his people.

Ultimately, these stories point us to Jesus—the true Bread of Life, the better Moses, the fulfillment of the Law, and the One who leads His people into lasting freedom.

"Therefore, if the Son sets you free, you will be free indeed." (John 8:36)

What is an Inductive Bible Study?

Inductive study = drawing conclusions directly from the text

1. Observation — What does the text say?

(10–15 minutes of silent reading and note-taking)

- **Repetition:** Circle or highlight repeated words or ideas.
- **Cause & Effect:** Watch for words like *therefore, thus, so, because, for*. Notice what comes before and after.
- **Comparisons & Contrasts:** Look for words like *but, like, as*. These highlight similarities, differences, or key insights.
- **Questions:** Write down what feels unclear or confusing. Be honest about tension or things that don't make sense.

2. Interpretation — What does it mean?

(Group discussion — invite the Spirit to guide)

- Share observations openly — even messy or emotional thoughts can lead to discovery.
- **Context matters:** Who wrote it? Who was it written to? What's happening in the passage?
- What does this text reveal about:
 - **God?**
 - **People?**
 - **The problem (sin, brokenness, need)?**
- Use tools if needed (study Bible, etc.) to clarify background or meaning.

3. Gospel Connection — How does this point to Jesus?

(Move from the text to the bigger story of Scripture)

- Where do you see a **need for rescue, redemption, or deliverance** in this passage?
- How does this passage **anticipate or foreshadow Jesus**?
 - A greater deliverer?
 - A better mediator?
 - A deeper rescue?

- How does Jesus **fulfill or complete** what is happening here?
- What does this passage help us understand about:
 - **Who Jesus is?**
 - **What Jesus has done?**
- How does the gospel bring **hope into this specific situation or theme?**

Reminder: We are not forcing Jesus into the text—we are tracing how the whole Bible ultimately points to Him.

4. Application — What does this mean for us?

- **Challenge & Encourage:** Where is God inviting you to trust, repent, or step forward?
- **Personal Reflection:** Where do you see yourself in this passage?
- **Community:** How can we support one another in living this out?
- **Prayer:** Pray in response to what surfaced — don't rush to fix, be quick to bring it to God.

Instructions for Using This Guide

Each week, your group will walk through the four steps above: **Observation, Interpretation, Gospel Connection, and Application.**

Purpose:

We study the passage *before* it is preached so that we come ready—familiar with the text, aware of our questions, and open to what God wants to say.

How to Lead Your Time:

1. **Start with the Text Summary** to orient the group. Read this aloud over the group.
2. **Individually, read the passage slowly, give 10-15 minutes for this.** (Allow the group to marinate in the text) .
3. **Discuss what everyone observes from the text.** Observation (this is essential—no wrong answers).
4. **Discuss Interpretation together** — focus on what the text actually says before jumping to application.
5. **Move to Gospel Connection** — trace how this passage fits into the larger story of Jesus and redemption.
6. **Finish with Application and Prayer** — respond personally and as a group.

Leader Note:

Don't feel pressure to cover everything—depth over speed. Create space for honesty, curiosity, and the Spirit's work.

Exodus 15:22–17:7 “Hangry!”

Text Summary

While they are not at the Promised Land yet, God's people are free. Immediately after their redemption, however, they begin to complain. Through bitter water, lack of food, and lack of water, God teaches Israel an important lesson: He will be their source of provision. He will not provide everything they need at once, but will teach them to depend on Him daily. True freedom is trusting God's provision.

Theme

Trusting God for daily provision.

Read

Exodus 16:1-18

Observation & Interpretation

- What complaints do the people bring to God?
- What do these complaints reveal about their hearts?
- How does God respond to their grumbling?
- Why do you think God provides daily manna instead of giving them everything at once?
- What is God teaching Israel about dependence?

Jesus Connection Idea

Jesus is the Bread of Life and the true source of living water.

(Note: This is only one idea; feel free to allow the group to discuss other connections from the text to Jesus.)

- How does manna point forward to Jesus?
- How does Jesus fulfill Israel's need for daily provision?
- Why is Jesus described as the Bread of Life?

- What does it mean to rely on Jesus daily?

Application

- Where are you struggling to trust God for provision?
 - What circumstances tempt you to grumble instead of trust?
 - How have you seen God provide for you in the past?
 - What would it look like to depend on God one day at a time this week?
-

Exodus 17:8–18:27 *“It's Not Good”*

Text Summary

Israel's first battle is won as Aaron and Hur hold up Moses' weary arms. Shortly afterward, Moses' father-in-law Jethro confronts another problem: Moses is trying to carry the burden of leadership alone. For only the second time in the Torah, something is called "not good." Moses needs help. God shows His people that freedom is not meant to be lived in isolation but in community.

Theme

Freedom is found in community, not isolation.

Read

Exodus 18:17-23

Observation & Interpretation

- What stands out about Israel's victory over Amalek?
- Why couldn't Moses accomplish the task alone?
- What concerns does Jethro raise?
- How does Moses respond to wise counsel?
- What does this passage teach about leadership and community?

Jesus Connection Idea

Jesus was forsaken so we could be adopted into God's family.

(Note: This is only one idea; feel free to allow the group to discuss other connections from the text to Jesus.)

- How does the church reflect God's design for community?
- Why does Jesus unite believers into one body?
- How does the gospel challenge self-sufficiency?

Application

- Where are you tempted to carry burdens alone?
 - How has isolation affected your walk with God?
 - Who helps hold your arms up spiritually?
 - What is one step you can take toward deeper biblical community?
-

Exodus 19 *“God's Treasured Possession”*

Text Summary

God has redeemed Israel, but now He invites them into covenant relationship with Him. For generations they have heard about God, but now they will meet Him. At Mount Sinai, God's holiness is displayed in dramatic fashion. God calls Israel His treasured possession, a kingdom of priests, and a holy nation. Their identity is changing because they belong to Him.

Theme

A holy God creates a holy people.

Read

Exodus 19:1-6; 16-25

Observation & Interpretation

- How does God describe His relationship with Israel?
- What stands out about God's holiness in this chapter?
- Why are boundaries placed around the mountain?
- What does it mean that Israel is God's treasured possession?
- How does God's holiness shape Israel's identity?

Jesus Connection Idea

Through Jesus we belong to a better covenant.

(Note: This is only one idea; feel free to allow the group to discuss other connections from the text to Jesus.)

- How does Jesus allow us to draw near to God's holiness?
- How does 1 Peter 2:9 connect to Exodus 19?
- What makes the New Covenant better?
- How does Jesus transform our identity?

Application

- How do you typically think about God's holiness?
- What does it mean for you to belong to God?
- How should your identity in Christ shape your daily life?
- What area of your life needs greater surrender to God's holiness?

Exodus 20:1–7 “Not a Normal Name”

Text Summary

Before God gives any commands, He reminds Israel that He is the God who rescued them from slavery. The commandments begin with God's grace, not human effort. The first three commandments establish Israel's relationship with God: worship Him alone, reject idols, and treat His name with reverence. God is not like the gods of Egypt. He is holy, personal, and worthy of worship.

Theme

Freedom begins with rightly relating to God.

Read

Exodus 20:1-7

Observation & Interpretation

- What does God remind Israel of before giving the commandments?
- Why do you think the first commandments focus on worship?
- What kinds of idols were Israel likely tempted to worship?
- What does it mean to misuse God's name?
- What do these commands reveal about God's character?

Jesus Connection Idea

Jesus perfectly worshiped the Father and remained faithful where we fail.

(Note: This is only one idea; feel free to allow the group to discuss other connections from the text to Jesus.)

- How did Jesus resist idolatry and temptation?
- How does Jesus help us worship God rightly?
- How does the gospel address our tendency to create idols?
- What does Jesus reveal about the name and character of God?

Application

- What competes for your worship and affection?
 - How do you see modern forms of idolatry in your own life?
 - Do your words reflect reverence for God?
 - What would it look like to worship God more fully this week?
-

Exodus 20:8-11 “God's Rest”

Text Summary

God commands His people to keep the Sabbath holy. Israel had spent generations as slaves, unable to rest and valued only for what they produced. God establishes Sabbath as a reminder that they belong to a different Master. They can stop working because God is their provider. Sabbath teaches God's people to trust His provision rather than their productivity.

Theme

Freedom includes trusting God enough to rest.

Read

Exodus 20:8-11

Observation & Interpretation

- Why does God command His people to rest?
- How does Sabbath connect back to creation?
- What does this command reveal about God's priorities?
- Why might resting require faith?
- How is Sabbath different from simply taking a day off?

Jesus Connection Idea

Jesus is our ultimate Sabbath rest.

(Note: This is only one idea; feel free to allow the group to discuss other connections from the text to Jesus.)

- How does Jesus fulfill the purpose of Sabbath?
- What does Hebrews 4 teach about rest in Christ?
- How does the gospel free us from proving ourselves through performance?
- How does Jesus redefine our worth?

Application

- What keeps you from resting?
 - Where are you tempted to find your identity in productivity?
 - How would your life look different if you trusted God more deeply?
 - What is one practical way you can practice Sabbath this week?
-

Exodus 20:12 *“Honor Your Parents”*

Text Summary

The fifth commandment serves as a bridge between loving God and loving others. God calls His people to honor their father and mother, recognizing the authority structures He has established. This command promotes healthy families, healthy communities, and ultimately reflects a heart that honors God.

Theme

Freedom expresses itself through honor.

Read

Exodus 20:12, Eph. 6:1-4

Observation & Interpretation

- What does it mean to honor someone?
- Why do you think this command is included among the Ten Commandments?
- How is honor different from agreement?
- What promise is attached to this command?
- How does honoring parents contribute to a healthy society?

Jesus Connection Idea

Jesus perfectly honored His earthly parents and His heavenly Father.

(Note: This is only one idea; feel free to allow the group to discuss other connections from the text to Jesus.)

- How did Jesus model honor and submission?
- How does Jesus help us honor imperfect people?
- What does the gospel teach about forgiveness and respect?
- How does our relationship with God affect how we relate to others?

Application

- How has your relationship with your parents shaped you?
- What makes honoring parents difficult?
- What might honoring your parents look like in your current stage of life?
- Is there a conversation, act of forgiveness, or act of care God may be calling you toward?

Leader Note: Honor does not mean approving of sin, ignoring abuse, or remaining in unsafe situations. Honor may look different depending on a person's circumstances, but Christians are called to pursue respect, forgiveness, and care whenever possible.

Exodus 20:13–16 “Free to Love”

Text Summary

God gives four commandments that establish a baseline for loving our neighbors: do not murder, commit adultery, steal, or bear false witness. These commands protect life, marriage, property, and truth. God's people are called to reflect His character by treating others with dignity, faithfulness, honesty, and love.

Theme

Freedom empowers us to love others.

Read

Exodus 20:13-16

Observation & Interpretation

- What do these commands protect?
- Why are these commands important for community life?
- How do these commands reveal God's heart for people?
- How might someone obey these commands outwardly while still violating their spirit inwardly?
- What would society look like if these commands were consistently followed?

Jesus Connection Idea

Jesus fulfilled the law by perfectly loving God and neighbor.

(Note: This is only one idea; feel free to allow the group to discuss other connections from the text to Jesus.)

- How does Jesus deepen the meaning of these commandments?
- What does Jesus teach about anger, lust, and truthfulness?
- How did Jesus demonstrate sacrificial love?
- How does the gospel empower us to love others differently?

Application

- Which of these commands feels most relevant in your life right now?
 - How can you better protect and serve the people around you?
 - Are there any relationships where repentance or reconciliation is needed?
 - What would it look like to actively pursue love this week?
-

Exodus 20:17 *“The Thief of Freedom”*

Text Summary

The final commandment is unique because it focuses on the heart rather than outward behavior. God forbids coveting—the desire to possess what belongs to someone else. At its core, coveting reflects dissatisfaction with God's provision and distrust of His goodness. The wilderness journey has repeatedly asked the same question: Will God's people trust Him to provide?

Theme

Contentment grows through trusting God's provision.

Read

Exodus 20:17

Observation & Interpretation

- Why is coveting different from the other commandments?
- What does coveting reveal about the human heart?
- How does coveting affect our relationships?
- Why is contentment difficult?
- What connection do you see between coveting and trusting God?

Jesus Connection Idea

Jesus is the true treasure who satisfies the deepest desires of the human heart.

(Note: This is only one idea; feel free to allow the group to discuss other connections from the text to Jesus.)

- How does Jesus address our craving for "more"?
- What does it mean to seek first God's kingdom?
- How does the gospel free us from comparison?
- How does knowing Christ produce contentment?

Application

- What are you most tempted to envy?
 - How does comparison affect your joy?
 - What gifts from God are you overlooking?
 - What practical step can you take toward gratitude and contentment this week?
-

Exodus 20:18–23:9 *“Employing God's Justice”*

Text Summary

Israel is no longer a collection of former slaves wandering in the wilderness. God is forming them into a nation. The laws that follow the Ten Commandments apply God's character and wisdom to real-life situations involving justice, property, relationships, servants, violence, and care for the vulnerable. These laws reveal God's concern for fairness, mercy, and human dignity in a broken world.

Theme

God's people reflect God's justice.

Read

Exodus 21:1

Observation & Interpretation

- What kinds of situations do these laws address?
- What themes appear repeatedly throughout these chapters?
- How do these laws protect vulnerable people?
- What do these laws reveal about God's character?
- How are these laws different from simply "making rules"?

Jesus Connection Idea

Jesus perfectly fulfilled God's law and perfectly embodied God's justice.

(Note: This is only one idea; feel free to allow the group to discuss other connections from the text to Jesus.)

- How does Jesus reveal God's heart for justice and mercy?
- Why do we need someone to fulfill the law on our behalf?
- How does the gospel shape our treatment of others?
- How can Christians reflect God's justice today?

Application

- Where do you see injustice in the world around you?
- How can you better reflect God's concern for vulnerable people?
- What responsibilities come with being a representative of God's kingdom?
- How can your words, actions, and relationships display God's justice this week?

Leader Note

Many of these laws were given to a specific people, in a specific place, at a specific time. While some details may feel unfamiliar, the underlying principles reveal God's heart for justice, mercy, truth, faithfulness, and protection of the vulnerable. Encourage your group to focus on what these laws teach us about God's character and how that character is fulfilled in Christ and reflected through His people.

Exodus 23:10–24:18 “Feast!”

Text Summary

As Israel prepares to enter the land, God gives them rhythms for work, rest, generosity, and celebration. They are to let the land rest, care for those in need, keep the Sabbath, and gather for three annual feasts before the Lord.

These feasts were not empty religious obligations. They were celebrations of God’s rescue, provision, and covenant faithfulness. God was forming His people into a people who remembered His goodness and enjoyed His presence.

The section culminates on Mount Sinai. Moses, Aaron, Nadab, Abihu, and seventy elders go up the mountain, see a glimpse of the glory of God, and eat and drink in His presence. The covenant God makes with His people ends with a meal—a feast before the God who saved them.

Theme

God saves His people not only to work for Him, but to enjoy Him, celebrate His goodness, and feast in His presence.

Read

Read Exodus 23:10–24:18 aloud together.

Then take a few minutes to reread Exodus 24:9–18 silently. As you read, notice what surprises you about the way God relates to His people.

Observation & Interpretation

- What rhythms does God establish for His people in Exodus 23:10–17? What do the Sabbath year, weekly Sabbath, and annual feasts have in common?
- Who benefits from these commands? What do they reveal about God’s care for His people, the poor, servants, animals, and the land?
- What were the three feasts meant to help Israel remember and celebrate?
- In Exodus 24:9–11, what happens when the leaders of Israel come into God’s presence? What stands out about this scene?
- Why is it significant that they “beheld God, and ate and drank” (v. 11)? What does this teach us about God’s desire for relationship with His people?

- How might Israel have been tempted to view these commands as mere religious duties rather than invitations to trust, rest, and celebration?

Jesus Connection Idea

Jesus came so that our joy would be full (John 15:11). His first miracle was turning water into wine at a wedding feast, revealing the abundance and joy of His kingdom (John 2:1–11).

Because of Jesus, we are welcomed into the presence of God—not from a distance or through our own effort, but through His finished work. At the Last Supper, Jesus gave His people a covenant meal that points to His body and blood given for us. And Scripture ends with the promise of the marriage supper of the Lamb.

The God who rescued Israel is the God who invites us to know His beauty, enjoy His presence, and celebrate His grace.

Allow the group to notice and discuss other ways this passage points to Jesus.

Application

- Would you describe your faith right now as joyful? Why or why not?
- Where are you most tempted to approach God as a worker trying to earn approval rather than a child invited into His presence?
- What has God done in your life that is worth celebrating right now? Take time as a group to name specific evidences of His grace.
- What might it look like for you to build more intentional rhythms of rest, gratitude, celebration, and hospitality into your life?
- Is there someone you could invite into your home, your table, or your life this week as a small picture of God's welcome?

Prayer

Thank God for rescuing you and welcoming you into His presence through Jesus. Ask Him to free you from a joyless, duty-driven faith and to grow in you a deeper delight in His goodness. Pray that your group would become a people marked by rest, gratitude, celebration, and generous welcome.