



MY PEOPLE

5 WEEKS IN EXODUS

JULY 2020

MY PEOPLE

5 WEEKS IN EXODUS

TABLE OF CONTENTS

Series Introduction3
Group Guidelines4
Sample Meeting Outline5

Week	Study Title	Page
1	Redeemed	8
2	Covenant	10
3	Presence	12
4	Wandering	14
5	Promised Land	16

Additional Resources

Additional Resources20
----------------------	---------

CHRIST'S MISSION FOR THE CHURCH

*All authority in Heaven and on earth has been given to me.
Therefore, go and make disciples of all nations,
baptizing them in the name of the Father, Son, and the Holy Spirit,
teaching them to obey everything I have commanded you.
And surely I am with you always, to the very end of the age.
Matthew 28:18 - 20*

The Lord, the God of Israel says "Let my people go!"

Before and after that fated event God was at work cultivating a people that would be His very own. Through slavery, desert, and sin, His people were never alone - and we're still not.

We belong to God who lovingly saves, intervenes, and encourages with His presence. My People is a series about our belonging and our response to this awe-inspiring God who has been at work in us and among us as long as there's been an us.

In this Group Guide, you'll find five stories that travel alongside the five Exodus themes that will be learned about during Christian Church in the Wildwood's Sunday Experience time (starting on June 7th). If you're looking for more, check out the additional resources (p.20). This list provides reading plans, RightNow Media series, and helpful tools.

So jump in and discover fresh perspectives and life-impacting truths from the book of Exodus.

SERIES INTRODUCTION

GROUP GUIDELINES

Ground Rules

Here are some guidelines for your gatherings.

- **Growing real relationships.** One of the central purposes of CCW groups is to help in the growth of real relationships. These relationships are formed through common mission, application of God's Word, authentic conversation, and time together. Don't get overly focused on one area to the detriment of the others!
- **Confidentiality.** For authenticity to thrive, what is shared during group time should be kept confidential.
- **Start on time - and end on time.** We want to respect the time of everyone involved. For that reason, our group will start on time and end on time.
- **Be a part of the discussion.** If you want to grow, get involved in the discussion. Your perspective is valuable!
- **Be real.** Authenticity and transparency are two keys to authentic life change. We ask that those participating in our group are real with who they are and their walk with God.
- **It's alright to disagree.** We're not always going to see eye-to-eye in all situations. That's alright! God created us uniquely and so we all bring different opinions, experiences and perspectives to the conversation.
- **Love, love, love.** Even if we disagree, we do so in love. Love is the binding force in all Christ-centered relationships, so we will not let our differences divide us.
- **Minimize distractions.** We recognize that emergencies may arise, but we will do our best to minimize what distractions we are able to (yeah, we're talking about cell phones here - put them away!).

Leader Guidelines

Thank you for taking the time to invest in others by leading a group. As a leader, your task is to create an environment where real relationships can thrive. Here are some things to keep in mind as you do that:

- **Multiply.** The mission of the church is to multiply disciples. Groups are one of the environments where this occurs. You are involved in the discipleship of each person in your group. We ask that each of our group leaders has someone who they are equipping to be a disciple-maker.
- **Create a safe environment.** When we say 'safe', we mean an environment where participants can freely share without feeling belittled or that what they share will get spread beyond the group.

When we say 'safe', we also mean a group where participants can encounter Jesus and His plan for their life.

- **Recognize that your group is unique.** This booklet is designed to be a general guide, but every group is unique. So when you're planning, take into account what does and doesn't work for your group and shape the session to their personalities and needs.
- **Review the ground rules.** Periodically, remind your group about the ground rules for the group.
- **Ask lots of questions.** Engaging leaders draw participants into the discussion. Ask many questions and lead your group into self-discovery.
- **Get feedback.** Improve your group by asking others for feedback.
- **Seek wise council.** There are some questions you won't be able to answer and some situations you aren't trained to handle. That's OK! Know who your wise council is (whether a coach, minister, or another disciple-maker) and turn to them in your time of need.

Before the Session

Prepare for the Session: As a group leader, it's essential to be prepared. Before the group session:

1. **Pray.** These are God's Words and it is His Spirit that provides authentic transformation. So take time to turn the group over to Him.
2. **Take time to read over the Bible passage.** While reading, write down any questions that you have about the text.
3. **Preview the session guide.** Read through the session guide. Shape the session for your group by highlighting important questions to ask and adding your own.
4. **Tap into study resources.** Broaden your understanding of the biblical text by tapping into additional study resources. Discover the answers to your questions and increase your knowledge of the Biblical content. These study resources can be found in the Resource Center at CCW, the back of this guide, and in a variety of other places.

During the Session

- **Icebreaker:** Get the discussion rolling with an icebreaker activity or question. We've provided one for you, but you know your group better than us! The goal is to get them talking.
- **Share:** Take time to review the content from last week. Two important things to ask group participants about during this time are:
 - **Prayer Requests:** If a group participant made a prayer request the previous week, make sure to take this opportunity to follow up on what God is doing in their life.
 - **Application and Challenges:** Some weeks give specific challenges for groups to attempt throughout the week. Other times, a group participant will take on a challenge as a result of application discussion (e.g. 'This week, I would like to...'). Either way, take time to ask about these.
- **Transition:** In the Transition, we give you a way to shift gears into the Bible reading and focus of the night. Usually this comes in the form of something simple that can be said (stated in italics).
- **Read It:** Read through the Scripture passage. If it's a larger section of scripture, break it into smaller sections and ask questions throughout.
- **Talk About It:** After reading, the next step is to make sure that the Bible passage is understood in its context. The main ways to do this are:
 1. As a group, *retell* the story in your own words.
 2. Ask *review questions*, which are provided in each small group session.
 3. Take some time to *ask the key questions*. These questions are the same in each session and they help to bridge the gap between understanding and application.
- **Apply It:** Ultimately, the Bible should shape who we are and how we live our lives. So once we have

read over the text and reviewed the text, it's essential that we personalize it through application. The apply it section may have both (a) application questions and (b) challenges. Challenges are real-life ways to put Biblical Truth into effect this week.

- **Pray Together:** As a group, share prayer requests and write these requests down. Afterwards, take time to turn those requests over to God. Make sure to center some of this prayer time specifically on the application/challenges discussed in the session.

After the Session

- **Follow Up:** Real relationships aren't formed in a single weekly session. They are formed as a result of ongoing presence in the lives of one another. Follow up with group members throughout the week to (a) remind them of their application/challenge commitments, (b) check in on prayer requests, and (c) to simply do life together.
- **Input Group Attendance:** As a CCW group, you should receive an e-mail asking for your group's attendance. Filling in this form is incredibly important to the continued spiritual development for those connected to CCW. The point: please take time to use this valuable resource!

NOTES

SESSION ONE

REDEEMED

Note to the Leader: It might be fun to watch the movie **Prince of Egypt** together for the first session of this study.

Icebreaker

Spend some time opening conversation with this question:

- Describe a time when you've had to follow very clear directions in order for safety and security.

Share

Review the week. Things to share:

- Prayer Requests
- Application and Challenges

Transition

It's time to move towards reading God's Word. Transition your group into the study by saying something like:

This Sunday, Lynwood started off the My People series by talking about God's redemption. In our session, we're going to review one of the key moments in which God saved His people

Read It

Scripture reference: **Exodus 14**

Review It

- For what purpose did God give Moses very specific directions? (14:1-4)

- How did Pharaoh react when he was told that the Israelites left? (14:5-9)
- What did the Israelites cry to Moses when the Egyptians came after them? (14:10-12)
- How did Moses respond when the Egyptians were bearing down on the Israelites? (14:13-14)
- What did God say to Moses to get the Israelites moving? (14:15-18)
- Who was used to protect the Israelites? (14:19-20)
- What miraculous events took place at the Red Sea? (14:21-31)

Apply It

- How is it hard to follow God when we know He wants to direct us to safety?
- How do you imagine God felt when the Israelites cried to return to Egypt?
- How can bad attitudes and not listening to God get us in trouble?
- What do we have to do to be obedient to God even when we don't feel like it?
- How has God performed amazing "Red Sea" miracles in your life?
- What benefits can you see in following God's direction in your life right now?

Pray Together

Notes

Don't forget to plug in your group attendance and follow up with the people in your group this week!

COVENANT

Icebreaker

Spend some time opening conversation with this question:

- *What are some important commitments or promises that you have made?*

Share

Review the week. Things to share:

- Prayer Requests
- Application and Challenges

Transition

It's time to move towards reading God's Word. Transition your group into the study by saying something like:

This week, Eli Robinson shared the Biblical concept of a covenant. The covenant that God made with the Israelites was encapsulated in the Old Testament Law. In this session, we'll take a look at the core summary of this Law.

Read It

Scripture reference: Exodus 20:1 - 21

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 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.

Review It

- Who spoke these words? (20:1)
- How did God describe Himself? (20:2)
- What are we commanded not to put before God? (20:3)
- What did God tell us not to make? (20:4)
- What is the consequence of bowing before false gods? (20:5)
- How is the Sabbath to be honored? (20:8-11)
- What is the benefit of honoring parents? (20:12)
- How are we commanded to treat one another? (20:13-17)
- What did the people do when they saw thunder and lightning? (20:18)

Apply It

- Why was God so specific in giving the Law?
- How do you think God feels when we worship things other than Him?

Notes

- What people, things, and other loyalties sometimes captivate your attention more than God?
- What does the covenant that God has with His people look like today?
- What are some promises that God has made Christ-followers?

Pray Together

Don't forget to plug in your group attendance and follow up with the people in your group this week!

SESSION THREE

PRESENCE

Icebreaker

Spend some time opening conversation with this question:

- *What type of food do you absolutely despise?*

Share

Review the week. Things to share:

- Prayer Requests
- Application and Challenges

Transition

It's time to move towards reading God's Word. Transition your group into the study by saying something like:

This Sunday, David Hand shared how the Israelites were able to live in the presence of God during their Exodus journeys. God was present in His tabernacle, He guided His people, and He even provided for their every need.

Read It

Scripture reference: **Exodus 16**

Review It

- The Israelites complained and grumbled to Moses about what? (16:1-3)
- How did God say He would test and provide for Israel? (16:4-5)
- Moses and Aaron responded to the Israelites grumbling in what way? (16:6-8)

- How did God appear to the Israelites in the desert? (16:10-12)
- With what type of food did God provide the Israelites? (16:13-16)
- Moses gave Israel what kind of specific instructions? (16:17-19)
- What happened to the food that was kept until morning? (16:20)
- How were preparations for food on the Sabbath made? (16:21-26)
- What did Moses say to the people who refused to obey his instructions? (16:27-29)

Apply It

- Why do we complain when God doesn't provide when we expect Him to?
- How is complaining to God an act of disobedience?
- Why does God provide for us on His timing and not ours?
- How has God provided for you in the past?
- How can God's provision for Israel remind you to be thankful for what you have?

Pray Together

Notes

Don't forget to plug in your group attendance and follow up with the people in your group this week!

SESSION FOUR

WANDERING

Icebreaker

Spend some time opening conversation with this question:

- *What is the longest trip that you have taken? How did you feel after taking the journey?*

Share

Review the week. Things to share:

- Prayer Requests
- Application and Challenges

Transition

It's time to move towards reading God's Word. Transition your group into the study by saying something like:

Chris Freeman shared some of the experiences of the Israelites as they wandered in the wilderness. Today, we'll be looking at one of the most striking of their journeys events.

Read It

Scripture reference: Number 21:6 - 9

4 They traveled from Mount Hor along the route to the Red Sea, to go around Edom. But the people grew impatient on the way; 5 they spoke against God and against Moses, and said, "Why have you brought us up out of Egypt to die in the wilderness? There is no bread! There is no water! And we detest this miserable food!"

6 Then the Lord sent venomous snakes among them; they bit the people and many Israelites died. 7 The people came to Moses and said, "We sinned when we spoke against the Lord and against you. Pray that

the Lord will take the snakes away from us." So Moses prayed for the people.

8 The Lord said to Moses, "Make a snake and put it up on a pole; anyone who is bitten can look at it and live." 9 So Moses made a bronze snake and put it up on a pole. Then when anyone was bitten by a snake and looked at the bronze snake, they lived.

Review It

- How did the people express their impatience against God and Moses? (21:5)
- What kind of punishment did the Lord give the Israelites for being impatient? (21:6)
- How did the people ask Moses to intervene on their behalf? (21:7)
- What did the Lord tell Moses to do with a snake? (21:8)
- If someone was bitten by a snake, how could he or she be healed? (21:9)

Read It

Scripture reference: John 3:14 - 15

14 Just as Moses lifted up the snake in the wilderness, so the Son of Man must be lifted up, 15 that everyone who believes may have eternal life in him."

Review It

- How did Jesus compare Himself to the bronze snake from the Israelites journey in the wilderness?
- What is the product of believing in Jesus?
- What actual events made these prophetic

words of Jesus true?

Apply It

- What does this passage teach us about becoming impatient with God?
- How was Moses able to remain patient even when those around him were not?
- When you're in a spiritual battle, how can patience bring a victory?
- What events in your personal journey have been challenging to trust with?
- What are you looking towards to save you outside of Jesus?

Pray Together

Notes

Don't forget to plug in your group attendance and follow up with the people in your group this week!

SESSION FIVE

PROMISED LAND

Icebreaker

Spend some time opening conversation with this question:

- *What are some hopes that you have about heaven/eternity?*

Share

Review the week. Things to share:

- Prayer Requests
- Application and Challenges

Transition

It's time to move towards reading God's Word. Transition your group into the study by saying something like:

On Sunday, Joe Caputo introduced us to the Israelites hope in the Promised Land. But the path to the Promised Land turned out to be more challenging for the Israelites because of their reluctance to trust God. Lets read about it.

Read It

Scripture reference: Number 13:17 - 14:9

17 When Moses sent them to explore Canaan, he said, "Go up through the Negev and on into the hill country. 18 See what the land is like and whether the people who live there are strong or weak, few or many. 19 What kind of land do they live in? Is it good or bad? What kind of towns do they live in? Are they unwalled or fortified? 20 How is the soil? Is it fertile or poor? Are there trees in it or not? Do your best to bring back some of the fruit of the land." (It was the season for the first ripe grapes.)

21 So they went up and explored the land from the Desert of Zin as far as Rehob, toward Lebo Hamath. 22 They went up through the Negev and came to Hebron, where Ahiman, Sheshai and Talmi, the descendants of Anak, lived. (Hebron had been built seven years before Zoan in Egypt.) 23 When they reached the Valley of Eshkol,[a] they cut off a branch bearing a single cluster of grapes. Two of them carried it on a pole between them, along with some pomegranates and figs. 24 That place was called the Valley of Eshkol because of the cluster of grapes the Israelites cut off there. 25 At the end of forty days they returned from exploring the land.

26 They came back to Moses and Aaron and the whole Israelite community at Kadesh in the Desert of Paran. There they reported to them and to the whole assembly and showed them the fruit of the land. 27 They gave Moses this account: "We went into the land to which you sent us, and it does flow with milk and honey! Here is its fruit. 28 But the people who live there are powerful, and the cities are fortified and very large. We even saw descendants of Anak there. 29 The Amalekites live in the Negev; the Hittites, Jebusites and Amorites live in the hill country; and the Canaanites live near the sea and along the Jordan."

30 Then Caleb silenced the people before Moses and said, "We should go up and take possession of the land, for we can certainly do it."

31 But the men who had gone up with him said, "We can't attack those people; they are stronger than we are." 32 And they spread among the Israelites a bad report about the land they had explored. They said, "The land we explored devours those living in it. All the people we saw there are of great size. 33 We saw the Nephilim there (the descendants of Anak come from the Nephilim). We seemed like grasshoppers in our own eyes, and we looked the same to them."

That night all the members of the community raised their voices and wept aloud. 2 All the Israelites grumbled against Moses and Aaron, and the whole

assembly said to them, "If only we had died in Egypt! Or in this wilderness! 3 Why is the Lord bringing us to this land only to let us fall by the sword? Our wives and children will be taken as plunder. Wouldn't it be better for us to go back to Egypt?" 4 And they said to each other, "We should choose a leader and go back to Egypt."

5 Then Moses and Aaron fell facedown in front of the whole Israelite assembly gathered there. 6 Joshua son of Nun and Caleb son of Jephunneh, who were among those who had explored the land, tore their clothes 7 and said to the entire Israelite assembly, "The land we passed through and explored is exceedingly good. 8 If the Lord is pleased with us, he will lead us into that land, a land flowing with milk and honey, and will give it to us. 9 Only do not rebel against the Lord. And do not be afraid of the people of the land, because we will devour them. Their protection is gone, but the Lord is with us. Do not be afraid of them."

Review It

- Where did Moses tell the spies to go? (13:17)
- What did Moses tell the spies to look for? (13:18-20)
- What did the spies bring back from the Valley of Eshcol? (13:23-24)
- How long did the Israelite spies explore the land? (13:25)
- What startling report did the Israelite spies give

Notes

to Moses? (13:27-29)

- What did Caleb say? (13:30) How did the other spies react to Caleb's comment? (13:31)
- What rumors did the Israelite spies spread among the rest of the Israelites? (13:32-33)
- What complaints did the Israelites make against Moses and Aaron? (14:1-3)
- How did Moses and Aaron respond to the Israelites' grumbling? (14:5)
- What did Joshua and Caleb say to all the people? (14:6-9)

Apply It

- If you were Moses, who would you think was telling the truth about the land of Canaan?
- What kinds of fears keep people from taking risks for God?
- If people have a difficult time with authority, how will they follow the authority of God?
- We may not be going to the literal 'Promised Land' of the Israelites, but we have the promise of eternity with God. What are some of the fears or obstacles that you see in your path towards this promise?
- What specific risk do you think God is calling you to take for Him?

Pray Together

Don't forget to plug in your group attendance and follow up with the people in your group this week!

MY PEOPLE

RESOURCES

ADDITIONAL RESOURCES

- **RightNow Media:**

Get a free RightNow Media account to get access to thousands of study resources. Some potential resources include:

- ***The Ten Commandments (Boyd)***: In this ten part series, Joe Boyd examines the 10 Commandments found in Exodus 20. Through these videos, Joe discusses the underlying values behind the commandments. What do these values tell us about the character of God? What might they teach us about how to live in Christian community? This series serves as a tool for small groups or individual study.
- ***Torah Series (Tim Mackie)***: An animated exploration of the storyline and message of the first five books of the Bible. In the Torah Series, The Bible Project explores the law of God as revealed to Moses and recorded in the first five books of the Bible. These videos are great for personal study, small groups, or as sermon illustration components.
- ***A Poetic Introduction to the Torah (Bowden)***: The first five books of the Bible, known as the Torah, are the essential building blocks for understanding Scripture. Often overlooked, skimmed, or misunderstood, Spoken Gospel will introduce you to these five glorious books and show you how they lead us to Jesus and his Gospel.
- ***Bible Experiment - Exodus (Boyd)***: Deep within each of us is a desire to be free. This is the story of Exodus. Rebel Storyteller Joe Boyd explores this ancient narrative in a one-man show that utilizes his unique balance of laugh-out-loud comedy, sincere drama and historical insights crafted over decades of stage experience and study of the text.
- ***Patterns of Evidence: The Exodus***: A debate rages over the credibility of the Bible. Most archaeologists today have concluded that there's no evidence that the Exodus of Israelite slaves from Egypt ever happened. Filmmaker Timothy Mahoney faces a crisis of faith, "Is this foundational event of the Bible really just a myth?" He embarks on a 12-year journey around the world to search for answers.
- ***With God in Wild Places (Dejong)***

If you're not yet connected to RNM, please contact the CCW Offices or go to ccw.church/rightnow-media/ to sign up.

- **YouVersion Reading Plans:**

We have a few recommended reading plans using the Youversion Bible App. Choose one and read it along with the series:

- Exodus Experience Devotions (10 Days)
- Through Exodus (11 Days)
- Jesus in all of Exodus (22 Days)

- **The Bible Project (www.thebibleproject.com)**

The Bible Project offers a variety of amazing resources. These videos expand on many of the ideas that we have touched on in this series.