



# Exodus & Promised Land

Through a mass Exodus, God delivered Israel from slavery, into the Promised Land. Today, we can experience true liberation through Jesus Christ.

## Session 3

# Introducing Exodus

## Exodus

Literally, 'exit'  
– the way out,  
liberation

The Exodus story has inspired freedom movements ever since:

- William Wilberforce and the Abolitionist movement: slavery was abolished throughout the British Empire in 1833
- Martin Luther King and human rights movements



*'The Bible tells the thrilling story of how Moses stood in Pharaoh's court and cried, "Let my people go."*

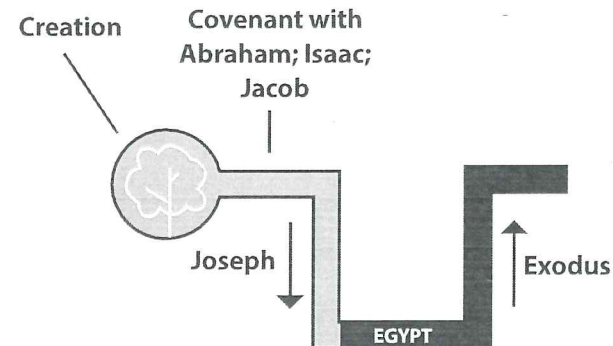
Martin Luther King (1929–1968)

Yet modern-day slavery still affects over 27 million people who are bought, sold and trafficked around the globe.



# The story so far

MY NOTES



*Israel groaned because of their slavery and cried out for help ... God remembered his covenant with Abraham, with Isaac, and with Jacob. God saw the people of Israel – and God knew.*

Exodus 2.23–25

*The Exodus reminds us – God knows;  
God remembers; God cares!*

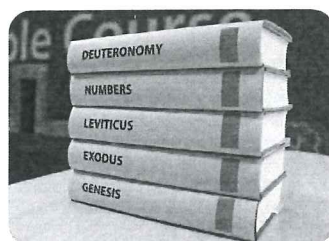
## Torah

*Means law,  
instruction,  
guidance*

# The Torah

## The first five books of the Old Testament

- Often referred to as the Torah, or Pentateuch (meaning 'five books')
- Foundational to the rest of the Bible
- Tradition has it that Moses was the primary author of these books



MY NOTES 

## Moses

### Key References

Exodus 2—19; Deuteronomy 27—34;  
2 Corinthians 3

### Context

- Egypt c. 1400 BC
- Pharaoh enslaved the Israelites and committed genocide against them

### Bio

- Circumcised Hebrew baby, adopted as Prince of Egypt
- Fugitive in wilderness of Horeb
- Called to rescue Israel from slavery
- Led mass Exodus out of Egypt
- Received the law on Mount Sinai
- Died on the brink of the Promised Land

*There has not arisen a prophet since in Israel like Moses, whom the LORD knew face to face, none like him for all the signs and the wonders that the LORD sent him to do in the land of Egypt.*

Deuteronomy 34.10–11



# The burning bush

*Moses said, 'I will turn aside to see this great sight, why the bush is not burned.' When the LORD saw that he turned aside to see, God called to him out of the bush, 'Moses, Moses!' And he said, 'Here I am.' Then he said, 'Do not come near; take your sandals off your feet, for the place on which you are standing is holy ground.'*

Exodus 3.3-5

## God's name

- At the burning bush, God reveals his name: 'I AM' (Exodus 3.14)
- In Hebrew, 'I AM' roughly equates to YAHWEH
- This sacred name was replaced with 'LORD'
- When the early Christians said, 'Jesus is Lord!' they were claiming that the God who appeared to Moses in the bush had now come in the flesh!



*If you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved.*

Romans 10.9

# The great escape

## Moses returns to Egypt on a liberation mission

- A showdown with Pharaoh and ten plagues
- The issue at stake: 'Who is the real God?'
- Pharaoh finally lets Israel go



## God split the sea

- Pharaoh changes his mind and traps Israel
- God makes a way through the Red Sea
- Israel crosses over to safety and freedom

## Songs of salvation

- Singing is a powerful way to express freedom

*'I will sing to the LORD, for he has triumphed gloriously; the horse and his rider he has thrown into the sea. The LORD is my strength and my song, and he has become my salvation; this is my God, and I will praise him, my father's God, and I will exalt him.'*

Exodus 15.1-2

# The Passover meal

Exodus was celebrated with a symbolic meal



*'The blood shall be a sign for you, on the houses where you are. And when I see the blood, I will pass over you, and no plague will befall you to destroy you, when I strike the land of Egypt.'*

Exodus 12.13

## Jesus Christ: the ultimate Exodus

- Bread and wine symbolise Jesus' body and blood
- Through him, we experience forgiveness and freedom

*Christ, our Passover lamb, has been sacrificed.*

1 Corinthians 5.7

## Mount Sinai

*A key site in the Bible – also known as Mount Horeb, or the 'Mountain of God'. Here God first met Moses at the burning bush. Moses then brought the nation of Israel back to this same mountain to meet God (see Exodus 19).*

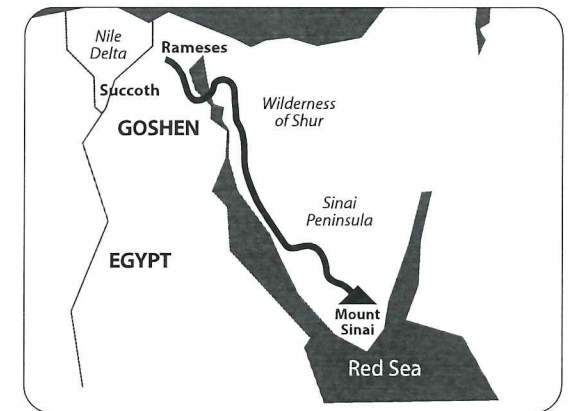
MY NOTES

# From Egypt to Mount Sinai

## Israel sets off into the wilderness

- A pilgrim people, led by cloud and fire
- They ate miracle food called manna
- And finally arrived at Mount Sinai

Part 1 of mission impossible – completed!



Map of the Exodus:  
traditional route from Egypt to Mt Sinai



## Discussion Time

Pause the video for 25 minutes.

### Read Exodus 3.1–12

- Consider the context in verse 1. Why might Moses have been tempted to think, 'God could never use me'? What can make us feel like that?
- What do verses 7–9 reveal about God's heart for his people and for the broken and oppressed?
- Despite his limitations, in verses 10–12 Moses got called into the action. In what ways do we sense that God is calling us into the action? What part can we play in God's mission to help those in need?



*Restart the video and move on to PART 2.*

## PART 2

# The Law: 'I care about you'

At Sinai, God gives Israel three gifts that form the basis of his relationship with them – Law, Tabernacle and Sacrifices.

### Ten Commandments

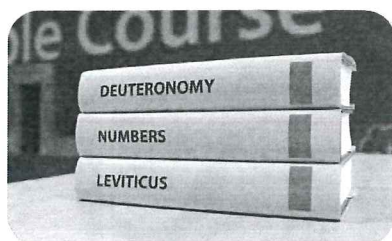
- God first rescued Israel from slavery and then gave them the law
- Salvation is not by works but by faith
- God lays down the law out of love
- A basic moral code for the good of all humanity

1. No other gods	6. Do not murder
2. No idols	7. Do not commit adultery
3. No misuse of God's name	8. Do not steal
4. Remember the Sabbath day	9. Do not bear false witness
5. Honour your parents	10. Do not covet

See Exodus 20 and Deuteronomy 5

MY NOTES 

# Interpreting Old Testament laws



Israel, as a nation of ex-slaves, needed laws and guidance for life in the wilderness.

Civil laws	Ceremonial laws	Moral laws
e.g. Deuteronomy 19—26	e.g. Leviticus 11—15	e.g. Deuteronomy 5—11
Given to Israel as a nation	Food laws and cleansing rituals	Summarised in the Ten Commandments
Not binding today but contain transferable wisdom (1 Tim. 5.17–18)	Fulfilled through Jesus who makes us clean on the inside (Heb. 9.13–14)	The Holy Spirit empowers us to live a life of love that fulfils the law (Rom. 13.9–10)

*'You have heard that it was said, "You shall not commit adultery."  
But I tell you that anyone who looks at a woman lustfully has already committed adultery in his heart.'*

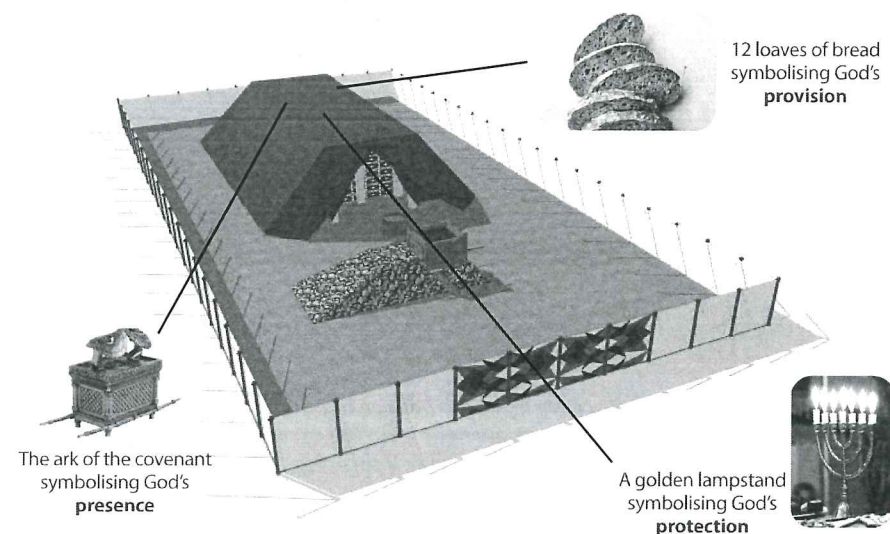
**Matthew 5.27–28**

## Tabernacle

*The word means 'place of residence' and is a reminder of God's presence with his people.*

# The Tabernacle: 'I am with you'

The people of Israel were a nomadic people, living in tents. God tells Moses, 'Build me a tent! I will camp with you.'



For more information about the design of the Tabernacle see Exodus 25—27.

## The Day of Atonement

*In Hebrew, Yom Kippur. The sacrifice of two goats on the annual Day of Atonement summed up the way God provided forgiveness for Israel.*

# The sacrifices: 'I forgive you!'

## The Day of Atonement (Leviticus 16)

- A goat was sacrificed by a priest. Blood was sprinkled over the people as a sign of forgiveness
- Another goat was released into the wilderness – the scapegoat that takes away sin

## Atonement in the New Testament

- Jesus is the final sacrifice for sins – our scapegoat

*'Behold, the Lamb of God, who takes away the sin of the world!'*

John 1.29



*'Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus ... let us draw near ... in full assurance of faith, with our hearts sprinkled clean from an evil conscience.'*

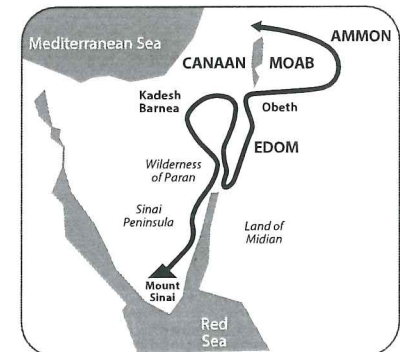
Hebrews 10.19,22

# Entering the Promised Land

## Mount Sinai to Canaan

An 11-day journey took 40 years!

- On the brink of Canaan, 12 spies are sent in
- They bring a mixed report – big grapes and big giants
- Joshua and Caleb are full of faith, the rest full of fear
- The Israelites turn back and spend 40 years wandering in the wilderness



## Fear and faith

*Me < Life's Challenges*

*Me + God > Life's Challenges*

*Do the Maths*

## Joshua

- Israel finally succeeds in entering the Promised Land, led by Joshua
- Joshua (pronounced 'Yeshua') is the Hebrew equivalent of the name 'Jesus'



## Personal Reflection

Suggested: 10 minutes

Take a moment to reflect on this verse:

*'Everyone who sins is a slave to sin ... [But] if the Son sets you free, you will be free indeed.'*

John 8.34,36 NIV

Write down something from this verse or the session that has inspired you ...

Write down something that has challenged you ...

Why not share your reflections with others and pray to finish.



## Daily Bible Readings: Week 3

Read each passage through carefully. Then consider:

**WHAT?** What did this passage mean in its context?

**NOW WHAT?** Now what does this passage mean for my life today?

- Write down a key verse or phrase that stands out.
- Pray it through, asking God to help you live in this truth.

**Day 1** Joshua 1.1–18

Joshua, the call and the promise – be strong and courageous

**Day 2** Judges 2.1–23

The Judges, the cycles and the warning – Israel stuck in a loop

**Day 3** Ruth 1.1–22 and Ruth 4.13–22

Ruth, Boaz and Bethlehem – there is a redeemer

**Day 4** 1 Samuel 3.1–21

Samuel, the voice and the vision – hear the word of the LORD

**Day 5** 1 Samuel 17.1–58

David, the giant and the stones – God's servant brings victory

**Day 6** 1 Kings 3.1–28

The king, the dream and the baby – the wisdom of Solomon