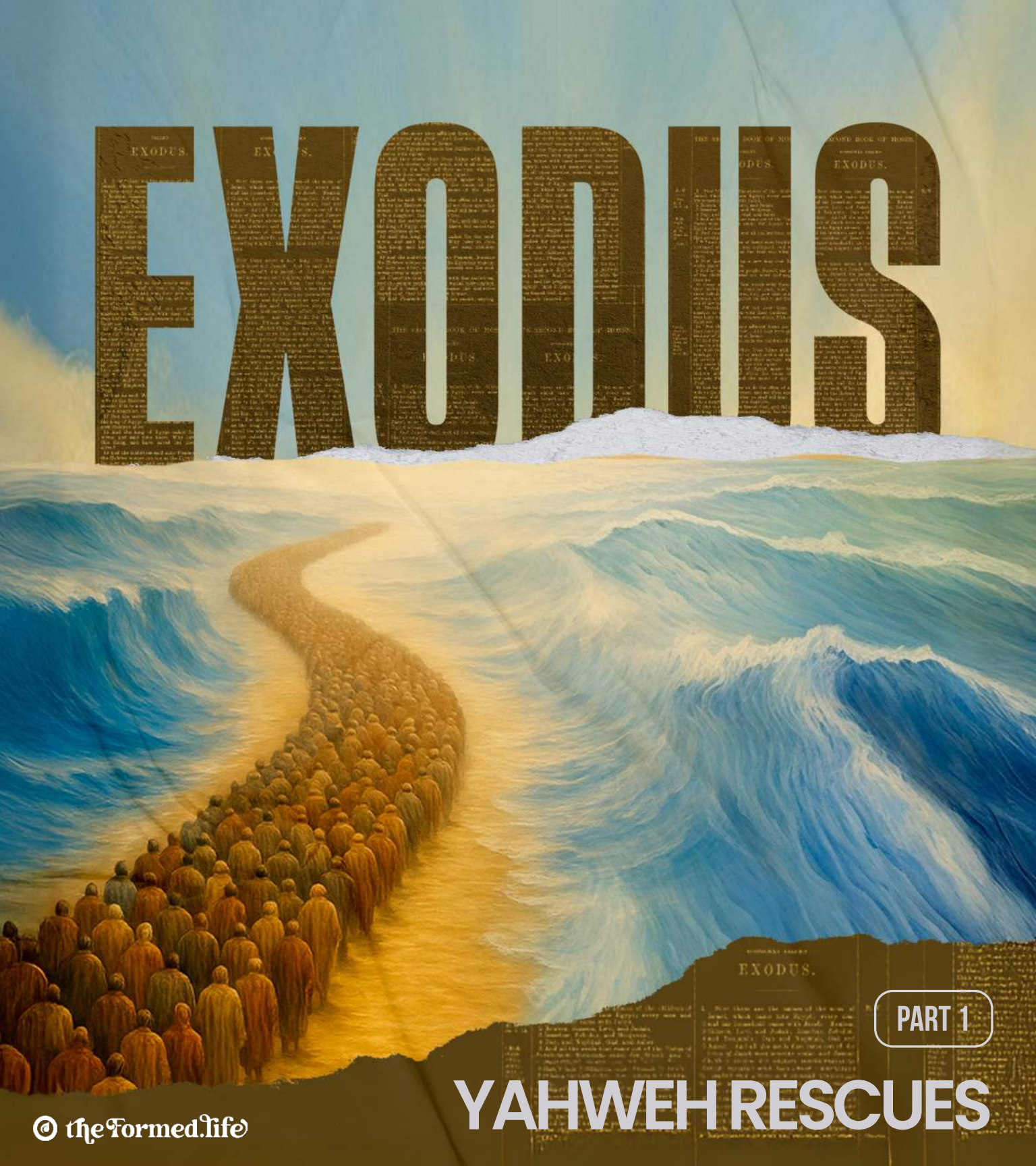
EXODUS
PART 1
YAHWEH RESCUES
theFormed.life

PUT THE "FORMED" BACK IN BIBLICALLY "INFORMED."

Let's take that next step to be formed by God's word, in God's ways, with God's people, every day.

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FOLLOWING ALONG WITH THEFORMED.LIFE

WEEKLY FLOW

Monday: Celebration in Exodus

Tuesday: Celebrating God's Rescue

Wednesday: Celebrating God's Word

Thursday: Celebrating God's Character

Friday: Celebrating God's Creation

Saturday: Celebrating Through Rest

Sunday: Celebrating with God's People

INTRODUCTION

Exodus is the foundational story of rescue for Yahweh's people. Through Israel's deliverance from Egypt, God rescues them from slavery, affirming them as his chosen people. Following their rescue, Yahweh provides Israel with instructions on how to celebrate as acts of remembrance and gratitude, such as Passover and the Feast of Tabernacles. These festivals were established to ensure that God's people remember and celebrate his saving work for generations to come.

Throughout history, people across cultures have used celebrations to remember and honor significant events. Nations commemorate their independence, families mark anniversaries and birthdays, and God's people have long observed festivals and gatherings as acts of worship and remembrance. We celebrate Jesus' first coming during Advent and we prepare our heart through Lent for the ultimate joy of Easter, rejoicing in Jesus' resurrection. Each Sunday we gather to celebrate God's character by singing his praises, studying his word, and sharing in communion. We also celebrate in the everyday moments—by basking in his creation and sharing a meal with his image-bearers.

As we explore the origins of Israel's celebrations through this study, may we be inspired to cultivate rhythms of celebration that nourish our souls and proclaim truth to a world in need of hope.

DISCIPLINE OF CELEBRATION

Adele Ahlberg Calhoun says the discipline of celebration is “To take joyful, passionate pleasure in God and the radically glorious nature of God’s people, Word, world and purposes.” As God’s people, we are called to dwell upon and celebrate God’s character as he has revealed it to us, cultivating rhythms of recognition for the sake of celebration.

As we practice the discipline of celebration, it may feel very similar to the disciplines of gratitude and remembrance—and that’s okay! Gratitude and remembrance are essential aspects of celebration. To embrace celebration, consider deliberate ways to express gratitude for the ways you see God at work in and around you. Celebrate as you recognize God’s presence, gather with his people, and anticipate his renewal.

May this study of God’s plan for his people help us set aside intentional time to recognize his work around us. As we do, let us share that joy with our brothers and sisters, allowing our celebration to deepen our hope as we await the ultimate celebration—the marriage feast of the Lamb (Revelation 19).

HOW DO I MAKE THE MOST OF MY JOURNAL?

01 Sign up.

This journal is NOT theFormed.life, but it is a companion, a place to process what you're learning through prayer, sermons, songs, and confessions. It's a place to help you capture prayer requests and questions to discuss in groups. This journal is where you record your personal story in the journey, but the guide is still the Spirit of God through theFormed.life.

02 Carry it with you.

Bring this journal to church gatherings on Sundays for your sermon notes, community group gatherings throughout the week, and your daily quiet time. If it's not with you, you won't use it.

03 Use it daily.

Write something in it EVERY DAY. Even if you can only write, "God, where are you? You feel far," do that. Each day there is space to capture what God is saying and doing. God wants to hear you, and sometimes we need to see our own feelings, thoughts, and desires written out to process what God is doing in our lives.

MONDAY __/__/__ Celebration in Exodus

READ: Genesis 2:15–17, 3:17–19; Exodus 1:8–14

What was man's purpose in the garden as created by God?

What happened to humanity's relationship with work after the Fall in Genesis 3?

How did the brokenness of the world impact the work of the Israelites in Exodus 1?

WATCH

Watch the BibleProject video on theFormed.life or use the QR code.

FOCUS:

Watch this BibleProject video summary of the book of Exodus.

PRAY:

Your hands have made and fashioned us. You have watched over us with more than parental love, more than maternal tenderness. You have holden our soul in life, and not suffered our feet to be moved. Your divine power has given us all things necessary for life and godliness. Let us bless you at all times and forget not how you have forgiven our iniquities, healed our diseases, redeemed our lives from destruction, crowned us with loving kindness and tender mercies, satisfied our mouths with good things, renewed our youth like the eagle's. May your Holy Scriptures govern every part of our lives, and regulate the discharge of all our duties, so that we may adorn your doctrine in all things.

Prayer from *The Valley of Vision*,
– editor Arthur Bennett

TUESDAY ___/___/___

Celebrating God's Rescue

READ: Exodus 1:15–22

Why do you think the Hebrew midwives were willing to disobey Pharaoh?
Do you think they were justified in their misleading of Pharaoh?

FOCUS:

Take time to celebrate something that God has rescued you from (situation, ailment, sin, etc.). Share that story over a meal or write it in this journal.

PRAY:

Take time to pray for one individual in need of God's rescue. This could be someone in need of salvation, healing from sickness or addiction, etc.

WEDNESDAY ___/___/___ Celebrating God's Word

READ: Exodus 34:5–9

The Lord came down in a cloud, stood with him there, and proclaimed his name, "the Lord." The Lord passed in front of him and proclaimed: The Lord — the Lord is a compassionate and gracious God, slow to anger and abounding in faithful love and truth, maintaining faithful love to a thousand generations, forgiving iniquity, rebellion, and sin. But he will not leave the guilty unpunished, bringing the consequences of the fathers' iniquity on the children and grandchildren to the third and fourth generation. Moses immediately knelt low on the ground and worshiped. Then he said, "My Lord, if I have indeed found favor with you, my Lord, please go with us (even though this is a stiff-necked people), forgive our iniquity and our sin, and accept us as your own possession."

FOCUS:

Read the passage and then rewrite it in your own words. Throughout this study, we will memorize other passages that reference these verses. For this first week, focus on engaging the entire passage and reflect on what God says about himself.

PRAY:

Take time to prayerfully reflect on one aspect of God's character revealed in this passage (e.g. his patience, faithful love, etc).

THURSDAY ___/___/___

Celebrating God's Character

READ: Exodus 1:1–22

How did the Hebrew midwives view God in this passage?

How did God respond to the actions of the midwives?

What do we learn about the character of God in this passage?

FOCUS:

Watch this video from the BibleProject on the character of God part 1.

WATCH

Go to *theFormed.life* to watch the BibleProject video for today or use this QR code.

PRAY:

Engage in reflective prayer, considering the aspects of God's character that have been revealed to you this week. How have you seen this part of God's character displayed today? In your prayer, praise him for that attribute.

FRIDAY ___/___/___ Celebrating God's Creation

READ: Genesis 15:13–16, Genesis 47

How did the people of Israel end up in Egypt?

Why do you think Jacob did not want to be buried in Egypt?

FOCUS:

Take time to celebrate God's beauty as revealed in creation, either by visiting a scenic place or simply stepping outside to your backyard or patio. Consider singing a song that magnifies the greatness of God as you appreciate his creation.

PRAY: Use Psalm 19 as a prayer today.

PSALM 19

The heavens declare the glory of God, and the expanse proclaims the work of his hands. Day after day they pour out speech; night after night they communicate knowledge. There is no speech; there are no words; their voice is not heard. Their message has gone out to the whole earth, and their words to the ends of the world. In the heavens he has pitched a tent for the sun. It is like a bridegroom coming from his home; it rejoices like an athlete running a course. It rises from one end of the heavens and circles to their other end; nothing is hidden from its heat. The instruction of the Lord is perfect, renewing one's life; the testimony of the Lord is trustworthy, making the inexperienced wise. The precepts of the Lord are right, making the heart glad; the command of the Lord is radiant, making the eyes light up. The fear of the Lord is pure, enduring forever; the ordinances of the Lord are reliable and altogether righteous. They are more desirable than gold — than an abundance of pure gold; and sweeter than honey dripping from a honeycomb. In addition, your servant is warned by them, and in keeping them there is an abundant reward. Who perceives his unintentional sins? Cleanse me from my hidden faults. Moreover, keep your servant from willful sins; do not let them rule me. Then I will be blameless and cleansed from blatant rebellion. May the words of my mouth and the meditation of my heart be acceptable to you, Lord, my rock and my Redeemer.

SATURDAY ___/___/___ Celebrating God's Rest

READ: Romans 6:1–11

What has Jesus rescued us from?

How did he make that rescue possible?

What things can distract us from celebrating such good news as this?

FOCUS:

What did this past week reveal about what you celebrate most? Maybe you received good news, your favorite sports team won, or you earned a good grade at school or a positive report at work. As you enter this weekend, plan for a time of sabbath to delight in those celebrations, recognizing the Giver of every good gift.

PRAY:

Think of an area of your life you find difficult to celebrate. Perhaps this is your work, your school, or a particular relationship. Acknowledge that difficulty before God, then sit in silence and rest in the knowledge that God hears and sees you.

SUNDAY ___/___/___

Celebrating with God's People

READ: Exodus 1:1–22

FOCUS:

Celebrate with God's people during the worship services this weekend. If communion is part of the service, remember that we are celebrating the Lord's table. The word *Eucharist* comes from the Greek word for "thanksgiving," reminding us to not only reflect on the great price Christ paid with his blood, but also to rejoice with gratitude that he was willing to pay it for us. To continue the celebration, consider inviting someone from church to share a meal after the service.

PRAY:

Celebrate the way God is glorified through his church. This could be through outreach partners, Children's Ministries, Student Ministries, community groups, etc.

SERMON NOTES: Israel's Opposition

MONDAY __/__/__ Celebration in Exodus

READ: Exodus 2:1–10

What do we learn about Moses' mother in this passage? How does she demonstrate trust in her role as a parent? What do you notice about the characters that are thwarting Pharaoh's murderous plans in Exodus 1–2?

WATCH

Watch the BibleProject video on *theFormed.life* or use the QR code.

FOCUS:

Watch this video on plot in biblical narrative.

Take some time to look at your week ahead. Are there opportunities to be still and take intentional time to recognize what God has done and is doing in your life? Is there a particular place you can go, people you can be with, a meal you can enjoy, or a song you can sing to celebrate what God has done?

PRAY:

Your hands have made and fashioned us. You have watched over us with more than parental love, more than maternal tenderness. You have holden our soul in life, and not suffered our feet to be moved. Your divine power has given us all things necessary for life and godliness. Let us bless you at all times and forget not how you have forgiven our iniquities, healed our diseases, redeemed our lives from destruction, crowned us with loving kindness and tender mercies, satisfied our mouths with good things, renewed our youth like the eagle's. May your Holy Scriptures govern every part of our lives, and regulate the discharge of all our duties, so that we may adorn your doctrine in all things.

Prayer from *The Valley of Vision*,
– editor Arthur Bennett

TUESDAY ___/___/___

Celebrating God's Rescue

READ: Exodus 2:11–15

What do we begin to see in Moses' life in regards to his view of the Hebrews' subjugation? How do Moses' own attempts at deliverance fall short?

FOCUS:

Take time to celebrate something that God has rescued you from (situation, ailment, sin, etc.). Share that story over a meal or write it in this journal.

PRAY:

Take time to pray for one individual in need of God's rescue. This could be someone in need of salvation, healing from sickness or addiction, etc.

WEDNESDAY ___/___/___

Celebrating God's Word

READ: Psalm 86:5

For you, Lord, are kind and ready to forgive, abounding in faithful love to all who call on you.

FOCUS:

Memorize this passage by writing it down, reading it muliple times, and forcusing on specific words or themes.

PRAY:

Take time to prayerfully reflect on one aspect of God's character revealed in this passage (e.g. his patience, faithful love, etc).

THURSDAY ___/___/___

Celebrating God's Character

READ: Exodus 2:16–25

How does God respond to the cries of his people?

How do you imagine God's emotions when you cry out to him?

Go to *theFormed.life* to read or listen to today's blog or use this QR code.

FOCUS:

Read or listen to today's blog about the Feast of Weeks.

PRAY:

Engage in reflective prayer, considering the aspects of God's character that have been revealed to you this week. How have you seen this part of God's character displayed today? In your prayer, praise him for that attribute.

Celebrating God's Creation

READ: Genesis 24; Exodus 2:16–19; John 4:1–26

What do these stories have in common?
What do you think the Scripture writers are conveying through the setting of each story?
Are there certain places you visit in order to be refreshed?

FOCUS:

Take time to celebrate God's beauty as revealed in creation, either by visiting a scenic place or simply stepping outside to your backyard or patio. Consider singing a song that magnifies the greatness of God as you appreciate his creation.

PRAY: Use Psalm 19 printed on the next page as a prayer today.

PSALM 19

The heavens declare the glory of God, and the expanse proclaims the work of his hands. Day after day they pour out speech; night after night they communicate knowledge. There is no speech; there are no words; their voice is not heard. Their message has gone out to the whole earth, and their words to the ends of the world. In the heavens he has pitched a tent for the sun. It is like a bridegroom coming from his home; it rejoices like an athlete running a course. It rises from one end of the heavens and circles to their other end; nothing is hidden from its heat. The instruction of the Lord is perfect, renewing one's life; the testimony of the Lord is trustworthy, making the inexperienced wise. The precepts of the Lord are right, making the heart glad; the command of the Lord is radiant, making the eyes light up. The fear of the Lord is pure, enduring forever; the ordinances of the Lord are reliable and altogether righteous. They are more desirable than gold — than an abundance of pure gold; and sweeter than honey dripping from a honeycomb. In addition, your servant is warned by them, and in keeping them there is an abundant reward. Who perceives his unintentional sins? Cleanse me from my hidden faults. Moreover, keep your servant from willful sins; do not let them rule me. Then I will be blameless and cleansed from blatant rebellion. May the words of my mouth and the meditation of my heart be acceptable to you, Lord, my rock and my Redeemer.

SATURDAY ___/___/___ Celebrating God's Rest

READ: Hebrews 11:23–29

What does this passage teach us about the faith of Moses and his parents? Why was Moses able to look beyond the wealth of Egypt?

FOCUS:

What did this past week reveal about what you celebrate most? Maybe you received good news, your favorite sports team won, or you earned a good grade at school or a positive report at work. As you enter this weekend, plan for a time of sabbath to delight in those celebrations, recognizing the Giver of every good gift.

PRAY:

Think of an area of your life you find difficult to celebrate. Perhaps this is your work, your school, or a particular relationship. Acknowledge that difficulty before God, then sit in silence and rest in the knowledge that God hears and sees you.

SUNDAY ___/___/___ Celebrating with God's People

READ: Exodus 2:1–25

FOCUS:

Celebrate with God's people during the worship services this weekend. If communion is part of the service, remember that we are celebrating the Lord's table. The word *Eucharist* comes from the Greek word for "thanksgiving," reminding us to not only reflect on the great price Christ paid with his blood, but also to rejoice with gratitude that he was willing to pay it for us. To continue the celebration, consider inviting someone from church to share a meal after the service.

PRAY:

Celebrate the way God is glorified through his church. This could be through outreach partners, Children's Ministries, Student Ministries, community groups, etc.

SERMON NOTES: Yahweh Rescues Moses

MONDAY __/__/__ Celebration in Exodus

READ: Exodus 3:1–4:17

What was Moses' occupation while in Midian? Why was Moses hesitant to heed the Lord's call to his next task? Have you felt insufficient in your vocation or some area of life? How has God shown up in those situations?

WATCH

Watch the BibleProject video on *theFormed.life* or use the QR code.

FOCUS:

Watch this video on setting in biblical narrative.

This Sunday is Father's Day. We know for many this can be a difficult day. Perhaps you had/have a difficult relationship with your father, or maybe your father is no longer living. Take time this week to approach God with those wounds. If this is a day you do celebrate, what are some creative ways to honor your father or the father figures in your life and the ways God has used them to impact you?

PRAY:

Your hands have made and fashioned us. You have watched over us with more than parental love, more than maternal tenderness. You have holden our soul in life, and not suffered our feet to be moved. Your divine power has given us all things necessary for life and godliness. Let us bless you at all times and forget not how you have forgiven our iniquities, healed our diseases, redeemed our lives from destruction, crowned us with loving kindness and tender mercies, satisfied our mouths with good things, renewed our youth like the eagle's. May your Holy Scriptures govern every part of our lives, and regulate the discharge of all our duties, so that we may adorn your doctrine in all things.

Prayer from *The Valley of Vision*,
– editor Arthur Bennett

TUESDAY ___/___/___

Celebrating God's Rescue

READ: Exodus 2:23–25, 3:7–10

What does God desire to rescue the Israelites *from*? What does he want to rescue them *for*? What do both of these passages show us about God's heart toward the cries of his people?

FOCUS:

Take time to celebrate something that God has rescued you from (situation, ailment, sin, etc.). Share that story over a meal or write it in this journal.

PRAY:

Take time to pray for one individual in need of God's rescue. This could be someone in need of salvation, healing from sickness or addiction, etc.

WEDNESDAY ___/___/___

Celebrating God's Word

READ: Psalm 86:15

But you, Lord, are a compassionate and gracious God, slow to anger and abounding in faithful love and truth.

FOCUS:

Memorize this passage by writing it down, reading the passage multiple times, and focusing on specific words or themes that stand out to you.

PRAY:

Take time to prayerfully reflect on one aspect of God's character revealed in this passage (e.g. his patience, faithful love, etc).

Celebrating God's Character

READ: Exodus 3:13–15

What do you think the name "I AM WHO I AM" reveals about God's nature?

Why does God reveal himself as the father of Abraham, Isaac, and Jacob?

What would the mention of those three patriarchs bring to the minds of the Hebrews?

WATCH

Go to *theFormed.life* to watch the BibleProject video for today or use this QR code.

FOCUS:

Watch this video from the BibleProject on the character of God part 2.

PRAY:

Engage in reflective prayer, considering the aspects of God's character that have been revealed to you this week. How have you seen this part of God's character displayed today? In your prayer, praise him for that attribute.

FRIDAY ___/___/___

Celebrating God's Creation

READ: Exodus 4:1–12

How does God demonstrate his control over all creation in this passage?
Why do you think God is seeking to remind Moses of his power and sovereignty over all things at this moment?

FOCUS:

Take time to celebrate God's beauty as revealed in creation, either by visiting a scenic place or simply stepping outside to your backyard or patio. Consider singing a song that magnifies the greatness of God as you appreciate his creation.

PRAY: Use Psalm 19 as a prayer today.

PSALM 19

The heavens declare the glory of God, and the expanse proclaims the work of his hands. Day after day they pour out speech; night after night they communicate knowledge. There is no speech; there are no words; their voice is not heard. Their message has gone out to the whole earth, and their words to the ends of the world. In the heavens he has pitched a tent for the sun. It is like a bridegroom coming from his home; it rejoices like an athlete running a course. It rises from one end of the heavens and circles to their other end; nothing is hidden from its heat. The instruction of the Lord is perfect, renewing one's life; the testimony of the Lord is trustworthy, making the inexperienced wise. The precepts of the Lord are right, making the heart glad; the command of the Lord is radiant, making the eyes light up. The fear of the Lord is pure, enduring forever; the ordinances of the Lord are reliable and altogether righteous. They are more desirable than gold — than an abundance of pure gold; and sweeter than honey dripping from a honeycomb. In addition, your servant is warned by them, and in keeping them there is an abundant reward. Who perceives his unintentional sins? Cleanse me from my hidden faults. Moreover, keep your servant from willful sins; do not let them rule me. Then I will be blameless and cleansed from blatant rebellion. May the words of my mouth and the meditation of my heart be acceptable to you, Lord, my rock and my Redeemer.

SATURDAY ___/___/___ Celebrating God's Rest

READ: Exodus 4:18–26

Why do you think God hardened Pharaoh's heart? Including Zipporah, who are all the characters God has used to save Moses in Exodus so far? In verse 22, God calls Israel his "firstborn son." How does knowing you are a child of God because of your relationship with Jesus influence the way you rest?

FOCUS:

What did this past week reveal about what you celebrate most? Maybe you received good news, your favorite sports team won, or you earned a good grade at school or a positive report at work. As you enter this weekend, plan for a time of sabbath to delight in those celebrations, recognizing the Giver of every good gift.

PRAY:

Think of an area of your life you find difficult to celebrate. Perhaps this is your work, your school, or a particular relationship. Acknowledge that difficulty before God, then sit in silence and rest in the knowledge that God hears and sees you.

SUNDAY ___/___/___ Celebrating with God's People

READ: Exodus 3:1–4:26

FOCUS:

Celebrate with God's people during the worship services this weekend. If communion is part of the service, remember that we are celebrating the Lord's table. The word *Eucharist* comes from the Greek word for "thanksgiving," reminding us to not only reflect on the great price Christ paid with his blood, but also to rejoice with gratitude that he was willing to pay it for us. To continue the celebration, consider inviting someone from church to share a meal after the service.

PRAY:

Celebrate the way God is glorified through his church. This could be through outreach partners, Children's Ministries, Student Ministries, community groups, etc.

SERMON NOTES: The Burning Bush

Celebration in Exodus

READ: Exodus 4:27–6:1

Why do Aaron and Moses wish to depart from Egypt? What does Pharaoh do regarding the Hebrews after Aaron and Moses make their request to leave? Reread Moses' prayer in 5:22–6:1. What might your prayer have been like if you approached God in the same circumstances?

WATCH

Watch the BibleProject video on *theFormed.life* or use the QR code.

FOCUS:

Watch this video from BibleProject on character in biblical narrative.

Take some time to look at your week ahead. Are there opportunities to be still and take intentional time to recognize what God has done and is doing in your life? Is there a particular place you can go, people you can be with, a meal you can enjoy, or a song you can sing to celebrate what God has done?

PRAY:

Your hands have made and fashioned us. You have watched over us with more than parental love, more than maternal tenderness. You have holden our soul in life, and not suffered our feet to be moved. Your divine power has given us all things necessary for life and godliness. Let us bless you at all times and forget not how you have forgiven our iniquities, healed our diseases, redeemed our lives from destruction, crowned us with loving kindness and tender mercies, satisfied our mouths with good things, renewed our youth like the eagle's. May your Holy Scriptures govern every part of our lives, and regulate the discharge of all our duties, so that we may adorn your doctrine in all things.

Prayer from *The Valley of Vision*,
– editor Arthur Bennett

TUESDAY ___/___/___

Celebrating God's Rescue

READ: Exodus 6:2–7:13

What promises does God recall in response to Moses' prayer?

Why do Moses and the people still struggle to trust that God will provide?

When in your life has discouragement led you to question God's sufficiency (see Exodus 6:9)?

FOCUS:

Take time to celebrate something that God has rescued you from (situation, ailment, sin, etc.). Share that story over a meal or write it in this journal.

PRAY:

Take time to pray for one individual in need of God's rescue. This could be someone in need of salvation, healing from sickness or addiction, etc.

Celebrating God's Word

READ: Numbers 14:18

The LORD is slow to anger and abounding in faithful love, forgiving iniquity and rebellion. But he will not leave the guilty unpunished, bringing the consequences of the fathers' iniquity on the children to the third and fourth generation.

FOCUS:

Memorize this passage by writing it down, reading the passage multiple times, and focusing on specific words or themes that stand out to you.

PRAY:

Take time to prayerfully reflect on one aspect of God's character revealed in this passage (e.g. his patience, faithful love, etc).

Celebrating God's Character

READ: Exodus 7:14–8:19

What do you think it means that God hardened Pharaoh's heart?
Why would God do that? What do these plagues reveal about God's character?

Go to *theFormed.life* to read or listen to today's blog or use this QR code.

FOCUS:

Read or listen to today's blog on The Feast of Trumpets.

PRAY:

Engage in reflective prayer, considering the aspects of God's character that have been revealed to you this week. How have you seen this part of God's character displayed today? In your prayer, praise him for that attribute.

FRIDAY ___/___/___

Celebrating God's Creation

READ: Exodus 8:20–9:12

What do these plagues reveal about God's relationship to creation? Imagine being an Israelite watching all of this take place. What do you think your response would have been? How would you seek to commemorate what you saw?

FOCUS:

Take time to celebrate God's beauty as revealed in creation, either by visiting a scenic place or simply stepping outside to your backyard or patio. Consider singing a song that magnifies the greatness of God as you appreciate his creation.

PRAY: Use Psalm 19 printed on the next page as a prayer today.

PSALM 19

The heavens declare the glory of God, and the expanse proclaims the work of his hands. Day after day they pour out speech; night after night they communicate knowledge. There is no speech; there are no words; their voice is not heard. Their message has gone out to the whole earth, and their words to the ends of the world. In the heavens he has pitched a tent for the sun. It is like a bridegroom coming from his home; it rejoices like an athlete running a course. It rises from one end of the heavens and circles to their other end; nothing is hidden from its heat. The instruction of the Lord is perfect, renewing one's life; the testimony of the Lord is trustworthy, making the inexperienced wise. The precepts of the Lord are right, making the heart glad; the command of the Lord is radiant, making the eyes light up. The fear of the Lord is pure, enduring forever; the ordinances of the Lord are reliable and altogether righteous. They are more desirable than gold — than an abundance of pure gold; and sweeter than honey dripping from a honeycomb. In addition, your servant is warned by them, and in keeping them there is an abundant reward. Who perceives his unintentional sins? Cleanse me from my hidden faults. Moreover, keep your servant from willful sins; do not let them rule me. Then I will be blameless and cleansed from blatant rebellion. May the words of my mouth and the meditation of my heart be acceptable to you, Lord, my rock and my Redeemer.

SATURDAY ___/___/___ Celebrating God's Rest

READ: Exodus 9:13–10:29

What patterns have you noticed throughout the series of plagues? How does God want to impact the hearts of the Egyptians and the Hebrews through these plagues (see 9:13–17 and 10:1–2)? Why do you think Pharaoh persisted in keeping the Hebrews from experiencing freedom and rest?

FOCUS:

What did this past week reveal about what you celebrate most? Maybe you received good news, your favorite sports team won, or you earned a good grade at school or a positive report at work. As you enter this weekend, plan for a time of sabbath to delight in those celebrations, recognizing the Giver of every good gift.

PRAY:

Think of an area of your life you find difficult to celebrate. Perhaps this is your work, your school, or a particular relationship. Acknowledge that difficulty before God, then sit in silence and rest in the knowledge that God hears and sees you.

SUNDAY ___/___/___ Celebrating with God's People

READ: Exodus 9:13–10:2

FOCUS:

Celebrate with God's people during the worship services this weekend. If communion is part of the service, remember that we are celebrating the Lord's table. The word *Eucharist* comes from the Greek word for "thanksgiving," reminding us to not only reflect on the great price Christ paid with his blood, but also to rejoice with gratitude that he was willing to pay it for us. To continue the celebration, consider inviting someone from church to share a meal after the service.

PRAY:

Celebrate the way God is glorified through his church. This could be through outreach partners, Children's Ministries, Student Ministries, community groups, etc.

SERMON NOTES: Confrontation and Plagues

MONDAY __/__/__

Celebration in Exodus

READ: Exodus 1:15–22, 4:21–23, 11:1–11

How do we see Pharaoh experiencing the same destruction he brought to others?
How did Pharaoh fail in his vocation as a leader? How did this failure impact his people?

WATCH

Watch the BibleProject video on *theFormed.life* or use the QR code.

FOCUS:

Watch this video on design patterns in biblical narrative.
This Sunday is the church-wide baptism service at the Shawnee Campus. Join us to celebrate this step of faith as our brothers and sisters boldly declare their trust in Jesus before their church family.

PRAY:

Your hands have made and fashioned us. You have watched over us with more than parental love, more than maternal tenderness. You have holden our soul in life, and not suffered our feet to be moved. Your divine power has given us all things necessary for life and godliness. Let us bless you at all times and forget not how you have forgiven our iniquities, healed our diseases, redeemed our lives from destruction, crowned us with loving kindness and tender mercies, satisfied our mouths with good things, renewed our youth like the eagle's. May your Holy Scriptures govern every part of our lives, and regulate the discharge of all our duties, so that we may adorn your doctrine in all things.

Prayer from *The Valley of Vision,*
– editor Arthur Bennett

TUESDAY ___/___/___

Celebrating God's Rescue

READ: Exodus 12:1–28

What do you notice about how the Israelites were to celebrate the Passover? How does the Passover shape the Jewish calendar moving forward? How do holidays and celebrations shape your calendar? Think about the various things you celebrate regularly. Why do you celebrate them the way you do? Are there any particular dates, traditions, or places that shape your celebrations?

FOCUS:

Take time to celebrate something that God has rescued you from (situation, ailment, sin, etc.). Share that story over a meal or write it in this journal.

PRAY:

Take time to pray for one individual in need of God's rescue. This could be someone in need of salvation, healing from sickness or addiction, etc.

WEDNESDAY ___/___/___ Celebrating God's Word

READ: Joel 2:12–13

Even now—this is the LORD 's declaration—turn to me with all your heart, with fasting, weeping, and mourning. Tear your hearts, not just your clothes, and return to the LORD your God. For he is gracious and compassionate, slow to anger, abounding in faithful love, and he relents from sending disaster.

FOCUS:

Memorize this passage by writing it down, reading the passage multiple times, and focusing on specific words or themes that stand out to you.

PRAY:

Take time to prayerfully reflect on one aspect of God's character revealed in this passage (e.g. his patience, faithful love, etc).

THURSDAY ___/___/___

Celebrating God's Character

READ: Exodus 12:29–51; Matthew 26:17–39

What were Jesus and his disciples celebrating at the Last Supper?

What connections do you notice between the Passover and the Last Supper?

How does our celebration of Communion connect to the Passover celebration?

WATCH

Go to *theFormed.life* to watch the BibleProject video for today or use this QR code.

FOCUS:

Read or listen to today's blog on Passover.

PRAY:

Engage in reflective prayer, considering the aspects of God's character that have been revealed to you this week. How have you seen this part of God's character displayed today? In your prayer, praise him for that attribute.

FRIDAY ___/___/___

Celebrating God's Creation

READ: Leviticus 23

What celebrations are ordained in this passage? What are they celebrating?
How are these celebrations meant to shape the Israelites' perspective on the world?

FOCUS:

Take time to celebrate God's beauty as revealed in creation, either by visiting a scenic place or simply stepping outside to your backyard or patio. Consider singing a song that magnifies the greatness of God as you appreciate his creation.

PRAY: Use Psalm 19 as a prayer today.

PSALM 19

The heavens declare the glory of God, and the expanse proclaims the work of his hands. Day after day they pour out speech; night after night they communicate knowledge. There is no speech; there are no words; their voice is not heard. Their message has gone out to the whole earth, and their words to the ends of the world. In the heavens he has pitched a tent for the sun. It is like a bridegroom coming from his home; it rejoices like an athlete running a course. It rises from one end of the heavens and circles to their other end; nothing is hidden from its heat. The instruction of the Lord is perfect, renewing one's life; the testimony of the Lord is trustworthy, making the inexperienced wise. The precepts of the Lord are right, making the heart glad; the command of the Lord is radiant, making the eyes light up. The fear of the Lord is pure, enduring forever; the ordinances of the Lord are reliable and altogether righteous. They are more desirable than gold — than an abundance of pure gold; and sweeter than honey dripping from a honeycomb. In addition, your servant is warned by them, and in keeping them there is an abundant reward. Who perceives his unintentional sins? Cleanse me from my hidden faults. Moreover, keep your servant from willful sins; do not let them rule me. Then I will be blameless and cleansed from blatant rebellion. May the words of my mouth and the meditation of my heart be acceptable to you, Lord, my rock and my Redeemer.

SATURDAY ___/___/___ Celebrating God's Rest

READ: Ezra 6:16–22; 2 Chronicles 30

What do you notice about how the Passover celebrations evolve throughout Israel's history? How do you think these celebrations impacted the Israelites who endured years of suffering because of their rebellion against God's commands?

FOCUS:

What did this past week reveal about what you celebrate most? Maybe you received good news, your favorite sports team won, or you earned a good grade at school or a positive report at work. As you enter this weekend, plan for a time of sabbath to delight in those celebrations, recognizing the Giver of every good gift.

PRAY:

Think of an area of your life you find difficult to celebrate. Perhaps this is your work, your school, or a particular relationship. Acknowledge that difficulty before God, then sit in silence and rest in the knowledge that God hears and sees you.

SUNDAY ___/___/___ Celebrating with God's People

READ: Exodus 12:21–42

FOCUS:

Celebrate with God's people during the worship services this weekend. If communion is part of the service, remember that we are celebrating the Lord's table. The word *Eucharist* comes from the Greek word for "thanksgiving," reminding us to not only reflect on the great price Christ paid with his blood, but also to rejoice with gratitude that he was willing to pay it for us. To continue the celebration, consider inviting someone from church to share a meal after the service.

PRAY:

Celebrate the way God is glorified through his church. This could be through outreach partners, Children's Ministries, Student Ministries, community groups, etc.

SERMON NOTES: Yahweh's Passover

MONDAY __/__/__

Celebration in Exodus

READ: Exodus 14:1–14

Why do you think the Lord allowed the Israelites to be trapped between the sea and the Egyptians? How do the people respond when they see the Egyptians approach their encampment? Have you had moments when everything seemed on the verge of collapse? How did you respond? What did you learn about God and yourself from that experience?

WATCH

Watch the BibleProject video on *theFormed.life* or use the QR code.

FOCUS:

Watch this video from BibleProject on the book of Exodus part 1.

This Friday is the Fourth of July. Do you and your family have any Independence Day traditions? Do you know the origin of those traditions? What are some family traditions you follow throughout the year? Are there any traditions you would like to start implementing?

PRAY:

Your hands have made and fashioned us. You have watched over us with more than parental love, more than maternal tenderness. You have holden our soul in life, and not suffered our fee to be moved. Your divine power has given us all things necessary for life and godliness. Let us bless you at all times and forget not how you have forgiven our iniquities, healed our diseases, redeemed our lives from destruction, crowned us with loving kindness and tender mercies, satisfied our mouths with good things, renewed our youth like the eagle's. May your Holy Scriptures govern every part of our lives, and regulate the discharge of all our duties, so that we may adorn your doctrine in all things.

Prayer from *The Valley of Vision,*
– editor Arthur Bennett

TUESDAY ___/___/___ Celebrating God's Rescue

READ: Exodus 14:15–31

-How does the Lord reveal his presence in this rescue story? After the ten plagues, why do you think the Egyptians still thought they could overtake the Israelites?

FOCUS:

Take time to celebrate something that God has rescued you from (situation, ailment, sin, etc.). Share that story over a meal or write it in this journal.

PRAY:

Take time to pray for one individual in need of God's rescue. This could be someone in need of salvation, healing from sickness or addiction, etc.

WEDNESDAY ___/___/___

Celebrating God's Word

READ: Nehemiah 9:17

They refused to listen and did not remember your wonders you performed among them. They became stiff-necked and appointed a leader to return to their slavery in Egypt. But you are a forgiving God, gracious and compassionate, slow to anger and abounding in faithful love, and you did not abandon them.

FOCUS:

Memorize this passage by writing it down, reading the passage multiple times, and focusing on specific words or themes that stand out to you.

PRAY:

Take time to prayerfully reflect on one aspect of God's character revealed in this passage (e.g. his patience, faithful love, etc).

THURSDAY __/__/__ Celebrating God's Character

READ: Psalm 78

What does this psalm tell us about the heart of Israel? What does the psalm reveal about the heart of God? What part did The Exodus play in the Israelites' understanding of their nation?

FOCUS:

WATCH

Go to *theFormed.life* to watch the BibleProject video for today or use this QR code.

Watch this video from the BibleProject on the character of God part 3.

PRAY:

Engage in reflective prayer, considering the aspects of God's character that have been revealed to you this week. How have you seen this part of God's character displayed today? In your prayer, praise him for that attribute.

FRIDAY ___/___/___

Celebrating God's Creation

READ: Genesis 1:1–-2; Exodus 14:21–22; Mark 4:35–41

What connections do you notice between these passages? Why is it significant that Jesus demonstrated his power over creation? Are there specific ways you can acknowledge God's power as you celebrate the Fourth of July today?

FOCUS:

Take time to celebrate God's beauty as revealed in creation, either by visiting a scenic place or simply stepping outside to your backyard or patio. Consider singing a song that magnifies the greatness of God as you appreciate his creation.

PRAY: Use Psalm 19 printed on the next page as a prayer today.

PSALM 19

The heavens declare the glory of God, and the expanse proclaims the work of his hands. Day after day they pour out speech; night after night they communicate knowledge. There is no speech; there are no words; their voice is not heard. Their message has gone out to the whole earth, and their words to the ends of the world. In the heavens he has pitched a tent for the sun. It is like a bridegroom coming from his home; it rejoices like an athlete running a course. It rises from one end of the heavens and circles to their other end; nothing is hidden from its heat. The instruction of the Lord is perfect, renewing one's life; the testimony of the Lord is trustworthy, making the inexperienced wise. The precepts of the Lord are right, making the heart glad; the command of the Lord is radiant, making the eyes light up. The fear of the Lord is pure, enduring forever; the ordinances of the Lord are reliable and altogether righteous. They are more desirable than gold — than an abundance of pure gold; and sweeter than honey dripping from a honeycomb. In addition, your servant is warned by them, and in keeping them there is an abundant reward. Who perceives his unintentional sins? Cleanse me from my hidden faults. Moreover, keep your servant from willful sins; do not let them rule me. Then I will be blameless and cleansed from blatant rebellion. May the words of my mouth and the meditation of my heart be acceptable to you, Lord, my rock and my Redeemer.

SATURDAY ___/___/___ Celebrating God's Rest

READ: Exodus 15:1–21

What themes do you notice in this song? What role did the Israelites have in their deliverance? What role does music have in your celebrations?

FOCUS:

What did this past week reveal about what you celebrate most? Maybe you received good news, your favorite sports team won, or you earned a good grade at school or a positive report at work. As you enter this weekend, plan for a time of sabbath to delight in those celebrations, recognizing the Giver of every good gift.

PRAY:

Think of an area of your life you find difficult to celebrate. Perhaps this is your work, your school, or a particular relationship. Acknowledge that difficulty before God, then sit in silence and rest in the knowledge that God hears and sees you.

SUNDAY ___/___/___ Celebrating with God's People

READ: Exodus 14:30–31

FOCUS:

Celebrate with God's people during the worship services this weekend. If communion is part of the service, remember that we are celebrating the Lord's table. The word *Eucharist* comes from the Greek word for "thanksgiving," reminding us to not only reflect on the great price Christ paid with his blood, but also to rejoice with gratitude that he was willing to pay it for us. To continue the celebration, consider inviting someone from church to share a meal after the service.

PRAY:

Celebrate the way God is glorified through his church. This could be through outreach partners, Children's Ministries, Student Ministries, community groups, etc.

SERMON NOTES: The Red Sea

MONDAY __/__/__ Celebration in Exodus

READ: Exodus 15:22–27

What is the cause of Israel's grumbling? When do you think expressing discontentment becomes grumbling? When are you most prone to grumble? What does your grumbling reveal about your heart toward God in that moment?

WATCH

Watch the BibleProject video on *theFormed.life* or use the QR code.

FOCUS:

Watch this video from BibleProject on the book of Exodus part 2.
This Friday is Juneteenth, a day to commemorate and celebrate the end of legalized enslavement of image-bearing human beings in the United States. The discipline of celebration not only recognizes the good around us but also highlights where joy is missing or needed. How can celebrations like Juneteenth help us reflect on the healing and growth still needed in our nation?

PRAY:

Your hands have made and fashioned us. You have watched over us with more than parental love, more than maternal tenderness. You have holden our soul in life, and not suffered our feet to be moved. Your divine power has given us all things necessary for life and godliness. Let us bless you at all times and forget not how you have forgiven our iniquities, healed our diseases, redeemed our lives from destruction, crowned us with loving kindness and tender mercies, satisfied our mouths with good things, renewed our youth like the eagle's. May your Holy Scriptures govern every part of our lives, and regulate the discharge of all our duties, so that we may adorn your doctrine in all things.

Prayer from *The Valley of Vision*,
– editor Arthur Bennett

TUESDAY ___/___/___

Celebrating God's Rescue

READ: Exodus 16:1–36

How long has it been since the people left Egypt? What is the source of their grumbling in this chapter? Describe God's rescue in this chapter.

FOCUS:

Take time to celebrate something that God has rescued you from (situation, ailment, sin, etc.). Share that story over a meal or write it in this journal.

PRAY:

Take time to pray for one individual in need of God's rescue. This could be someone in need of salvation, healing from sickness or addiction, etc.

WEDNESDAY ___/___/___ Celebrating God's Word

READ: Psalm 103:8–10

The LORD is compassionate and gracious, slow to anger and abounding in faithful love. He will not always accuse us or be angry forever. He has not dealt with us as our sins deserve or repaid us according to our iniquities.

FOCUS:

Memorize this passage by writing it down, reading the passage multiple times, and focusing on specific words or themes that stand out to you.

PRAY:

Take time to prayerfully reflect on one aspect of God's character revealed in this passage (e.g. his patience, faithful love, etc).

Celebrating God's Character

READ: Exodus 17:1–7

What are the Israelites grumbling about in this passage? What do you notice about Moses' attitude towards the Israelites? How do we see God demonstrate that he is slow to anger and abounding in steadfast love?

Go to *theFormed.life* to read or listen to today's blog or use this QR code.

FOCUS:

Read or listen to today's blog on sabbath.

PRAY:

Engage in reflective prayer, considering the aspects of God's character that have been revealed to you this week. How have you seen this part of God's character displayed today? In your prayer, praise him for that attribute.

FRIDAY ___/___/___ Celebrating God's Creation

READ: 1 Kings 17:1–7; 2 Kings 2:1–8; Mark 9:2–13

What connections do you notice between these passages and the characters? Why do you think God placed Moses and Elijah on the Mount of Transfiguration with Jesus? What do the miracles of Moses, Elijah, and Jesus reveal about God's character and power over creation?

FOCUS:

Take time to celebrate God's beauty as revealed in creation, either by visiting a scenic place or simply stepping outside to your backyard or patio. Consider singing a song that magnifies the greatness of God as you appreciate his creation.

PRAY: Use Psalm 19 as a prayer today.

PSALM 19

The heavens declare the glory of God, and the expanse proclaims the work of his hands. Day after day they pour out speech; night after night they communicate knowledge. There is no speech; there are no words; their voice is not heard. Their message has gone out to the whole earth, and their words to the ends of the world. In the heavens he has pitched a tent for the sun. It is like a bridegroom coming from his home; it rejoices like an athlete running a course. It rises from one end of the heavens and circles to their other end; nothing is hidden from its heat. The instruction of the Lord is perfect, renewing one's life; the testimony of the Lord is trustworthy, making the inexperienced wise. The precepts of the Lord are right, making the heart glad; the command of the Lord is radiant, making the eyes light up. The fear of the Lord is pure, enduring forever; the ordinances of the Lord are reliable and altogether righteous. They are more desirable than gold — than an abundance of pure gold; and sweeter than honey dripping from a honeycomb. In addition, your servant is warned by them, and in keeping them there is an abundant reward. Who perceives his unintentional sins? Cleanse me from my hidden faults. Moreover, keep your servant from willful sins; do not let them rule me. Then I will be blameless and cleansed from blatant rebellion. May the words of my mouth and the meditation of my heart be acceptable to you, Lord, my rock and my Redeemer.

SATURDAY ___/___/___ Celebrating God's Rest

READ: Acts 7

How were the religious leaders repeating the same sin as the grumbling Israelites in Exodus? How do Stephen's faith and character contrast with the attitude of the religious leaders and the Israelites?

FOCUS:

What did this past week reveal about what you celebrate most? Maybe you received good news, your favorite sports team won, or you earned a good grade at school or a positive report at work. As you enter this weekend, plan for a time of sabbath to delight in those celebrations, recognizing the Giver of every good gift.

PRAY:

Think of an area of your life you find difficult to celebrate. Perhaps this is your work, your school, or a particular relationship. Acknowledge that difficulty before God, then sit in silence and rest in the knowledge that God hears and sees you.

SUNDAY __/__/__ Celebrating with God's People

READ: Exodus 15:22–17:7

FOCUS:

Celebrate with God's people during the worship services this weekend. If communion is part of the service, remember that we are celebrating the Lord's table. The word *Eucharist* comes from the Greek word for "thanksgiving," reminding us to not only reflect on the great price Christ paid with his blood, but also to rejoice with gratitude that he was willing to pay it for us. To continue the celebration, consider inviting someone from church to share a meal after the service.

PRAY:

Celebrate the way God is glorified through his church. This could be through outreach partners, Children's Ministries, Student Ministries, community groups, etc.

SERMON NOTES: Grumbling and Provision

EXODUS

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ChristCommunity
an Evangelical Free Church

BROOKSIDE
400 W 67th Street, Kansas City, MO

DOWNTOWN
208 W 19th Street, Kansas City, MO

LEAWOOD
14200 Kenneth Road, Leawood, KS

OLATHE
20600 W 119th Street, Olathe, KS

SHAWNEE
13330 W 62nd Terrace, Shawnee, KS

MULTISITE OFFICE
10901 Lowell Avenue, Suite 290, Overland Park, KS

913.685.1161

ChristCommunityKC **|** **web: *cckc.church***

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