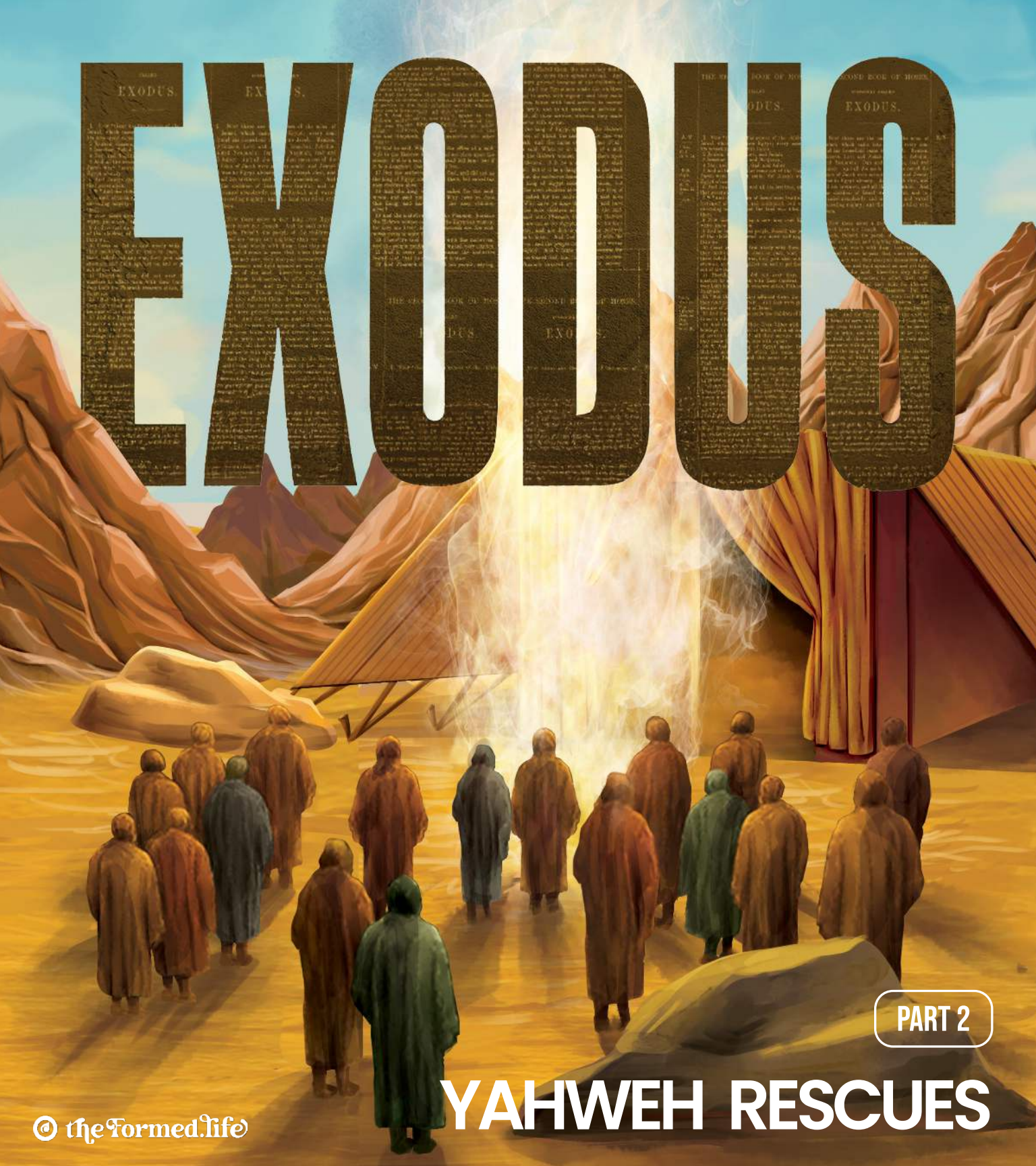
EXODUS
PART 2
YAHWEH RESCUES
theFormed.life

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

In the latter chapters of Exodus, God's self-revelation continues to shape the identity of his chosen people. Israel's God demonstrated his power over the kingdom of Pharaoh through his miraculous rescue of his people. The Israelites obediently implement various celebrations to cultivate a rhythm of reflection on what God has done for them. These celebrations serve to nourish the hearts of God's people and create anticipation for his continued guidance. Despite Scripture's recounting of Israel's persistent failure to follow the God who has rescued them, we still see a God who is slow to anger, making a way for an unholy people to approach a Holy God.

This demonstration of his steadfast love and persistent pursuit continues for us, also his beloved people set apart, chosen to be his own. May you, too, be nourished by celebratory reminders of God's character through his ongoing, merciful rescue of his people.

DISCIPLINE OF CELEBRATION

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 of his work in and for us encourages this celebration.

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 to remember it, and anticipate his renewal of all creation when Christ returns.

May this study of God's plan for his people help us set aside intentional time to recognize his work around us and share that joy with our brothers and sisters. Our celebrations can 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: Exodus 17:8–16

How are Moses' limits highlighted in this passage? How does God address those limits? Where in your life are you most hesitant to ask for help?

FOCUS:

Watch this BibleProject video on Moses and Aaron.
What did you learn from the video? Reflect on what God has done, is doing, and celebrate it in some way. ✦

Go to *theFormed.life* to watch the video or use the QR code.

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 18:1–12

How does Jethro respond to God's rescue of the Israelites?

How do your relatives and friends encounter the work of God based on their involvement in your life? Do they witness a celebratory recognition of God's work in your life?

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

The LORD came down in a cloud, stood with him there, and proclaimed his name, "the LORD."

FOCUS:

Take time to 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: Genesis 2:15–25; Exodus 18:13–27

What does God's design for work reveal about his character?

Why is it not good to pursue our work alone?

Are there areas in your life where delegation may be necessary? What steps could you take in that direction?

Go to *theFormed.life* to watch the video or use the QR code.

FOCUS:

Watch this BibleProject video on how God's anger and love work together.

At the end of the day, gather for a meal with loved ones and have each person share one way they saw God at work that day. Write down a brief summary of what is shared.

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: Psalm 19

What is this passage celebrating?

What do you notice about how creation celebrates its creator? What are specific ways you can follow creation's example 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 as your 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 Through Rest

READ: Proverbs 18:1; Ecclesiastes 4:9–12

Why do you think we're better equipped to persevere when we have one another? How could this aid our rest?

How could isolating ourselves be a selfish action? Why would it be considered unwise?

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.

Then I heard a loud voice from the throne:

LOOK, GOD'S DWELLING IS WITH HUMANITY, AND HE WILL LIVE WITH THEM. THEY WILL BE HIS PEOPLES, AND GOD HIMSELF WILL BE WITH THEM AND WILL BE THEIR GOD. HE WILL WIPE AWAY EVERY TEAR FROM THEIR EYES. DEATH WILL BE NO MORE; GRIEF, CRYING, AND PAIN WILL BE NO MORE, BECAUSE THE PREVIOUS THINGS HAVE PASSED AWAY. THEN THE ONE SEATED ON THE THRONE SAID, "LOOK, I AM MAKING EVERYTHING NEW."

REVELATION 21:3–5

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

READ: Exodus 17:8–18:27

FOCUS:

Celebrate with God's people during the worship services today. 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: Heavy Arms

MONDAY _/_/_

Celebration in Exodus

READ: Exodus 19

How does Moses fulfill his role as a mediator between God and the people?

Why could the people not touch the mountain? What does this passage reveal to us about the holiness of God?

Imagine yourself in the Israelites' shoes and what it might have looked like, smelled like, felt like. How do you think you would have responded?

FOCUS:

Watch this BibleProject video on the royal priesthood.

Take time to recognize what God has done and is doing and celebrate it in some way.

Go to *theFormed.life* to watch the video or use the QR code.

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 lovingkindness 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*,

– edited by Arthur Bennett

Celebrating God's Rescue

READ: Exodus 3:1–12, 19:1–6

What differences do you notice between Moses' encounters with God on Mount Sinai in chapters 3 and 19?

Reread Exodus 3:12. What does this sign reveal about God and his promise to rescue?

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 34:5–6

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…*

FOCUS:

Take time to 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:

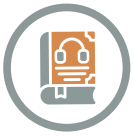
Take time to prayerfully reflect on one aspect of God's character revealed in this passage (e.g. his patience, faithful love, etc.).

Celebrating God's Character

READ: Exodus 20:1–17

Do you remember the first time you encountered the Ten Commandments? As you read these commandments today, what memories or emotions do they bring up?

How is God's character reflected through these commandments? What do they teach us about him? What do they teach us about ourselves?



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

FOCUS:

Read or listen to the blog on theFormed.life about the Day of Atonement.

At the end of the day, gather for a meal with loved ones and have each person share one way they saw God at work that day. Write down a brief summary of what is shared.

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 20:18–21

How do the Israelites respond to the glory of God on the mountain? Do you think this was an appropriate response?

What is the most majestic place you have visited? What emotions did experiencing that place evoke?

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 your 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 9:3–6; Hebrews 4:14–16; 1 Peter 2:1–10

What does it mean to be a kingdom of priests? How can we use our role as priests to bring rest to the world around us?

How did Jesus fulfill his mission as the great high priest?

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.

O God, our help in ages past,
Our hope for years to come,
Our shelter from the stormy blast,
And our eternal home.

Under the shadow of Thy throne
Thy saints have dwelt secure;
Sufficient is Thine arm alone,
And our defence is sure.

Before the hills in order stood,
Or earth received her frame,
From everlasting Thou art God,
To endless years the same.

A thousand ages in Thy sight
Are like an evening gone;
Short as the watch that ends the night
Before the rising sun.

Time, like an ever-rolling stream,
Bears all its sons away;
They fly forgotten, as a dream
Dies at the opening day.

O God, our help in ages past,
Our hope for years to come,
Be Thou our guard while life shall last,
And our eternal home.

-Isaac Watts

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

READ: Exodus 19:1–20:20

FOCUS:

Celebrate with God's people during the worship services today. 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: Holy Nation

MONDAY _/_/_

Celebration in Exodus

READ: Exodus 20:22–21:11

What about this passage is particularly difficult for us to hear and understand as readers in the modern West?

How do these laws highlight the dignity of all people?

How do these case laws serve as an application of the Ten Commandments in everyday Israelite life?

FOCUS:

Watch this BibleProject video on biblical law.

Take time to recognize what God has done and is doing and celebrate it in some way. ✦

Go to *theFormed.life* to watch the video or use the QR code.

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 lovingkindness 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*,

– edited by Arthur Bennett

TUESDAY _/_/_

Celebrating God's Rescue

READ: Exodus 21:12–36

How do you think these laws would have landed on an audience who had just spent over 400 years in slavery?

How does this passage highlight the dignity of all life?

What do these case laws reveal about God's desire for how people treat one another in regard to their personhood and property?

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 34:5–7a

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.*

FOCUS:

Take time to 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 22

What do these passages reveal about God's design for justice and transformation in the lives of his people?

How do these passages highlight the dignity of all people?

What do we learn about God's heart for the vulnerable in this passage? How should that shape how we view and treat the vulnerable?

Go to *theFormed.life* to watch the video or use the QR code.

FOCUS:

Watch this BibleProject video on what God's love for you means.

At the end of the day, gather for a meal with loved ones and have each person share one way they saw God at work that day. Write down a brief summary of what is shared.

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 1:1–2:4; Exodus 23

How do the laws regarding honesty reflect the character of God?

How does this passage highlight the dignity of all people?

How do these passages point back to God's original intentions for life in the garden?

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 your 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 24

How do Moses and the elders ratify and celebrate this covenant with God?

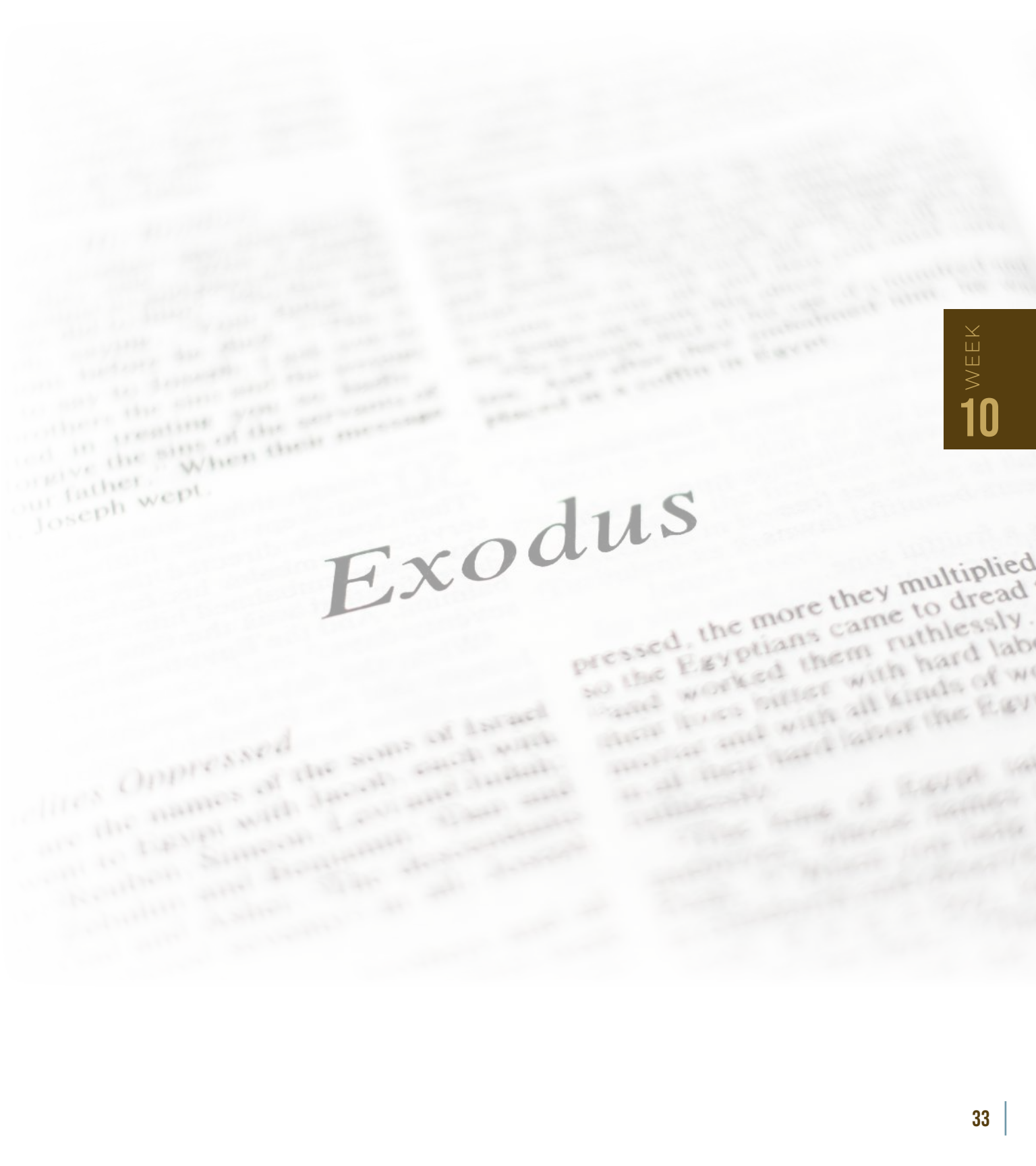
What are some of the most memorable meals you have shared with someone? What made them so memorable?

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.


Exodus

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

READ: Exodus 21:1–11

FOCUS:

Celebrate with God's people during the worship services today. 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: Case Law

MONDAY _/_/_

Celebration in Exodus

READ: Exodus 23:10–19, 24:9–18, 25:1–9

What do these passages reveal about God's desire to be with his people?

What observations did you make of the purpose of the festivals, the covenant, and the tabernacle?

How are you tangibly reminding yourself of God's presence? Do you have any celebrations, traditions, or disciplines that help you do this?

FOCUS:

Watch this BibleProject video on ancient Hebrew law.

Take time to recognize what God has done and is doing and celebrate it in some way.

Go to *theFormed.life* to watch the video or use the QR code.

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 lovingkindness 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*,

– edited by Arthur Bennett

TUESDAY _/_/_

Celebrating God's Rescue

READ: Genesis 2:4–17, 3:22–24; Exodus 25

What similarities do you notice between the designs of the tabernacle and the garden in Eden? What do these passages teach us about God's desire to be with 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: Exodus 34:5–7

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.*

FOCUS:

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

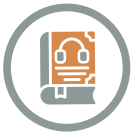
PRAY:

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: Leviticus 23

How do these festival commands from Leviticus point us back to the rescue of Exodus? What aspects of God's character do these festivals help the people to remember as they celebrate?



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

FOCUS:

Read or listen to the blog on theFormed.life about the Feast of Booths.
At the end of the day, gather for a meal with loved ones and have each person share one way they saw God at work that day. Write down a brief summary of what is shared.

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 16:23, 20:8–11, 23:12, 31:12–17

How does sabbath point us back to the creation story?

Do you practice sabbath? If so, how do you practice it? What does this discipline teach you about yourself and about God?

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 your 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 31:12–17; Mark 2:23–28

What does this passage reveal about the purpose of the Sabbath?
How can sabbath rest be misunderstood?

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.

Then the Lord said,

"I HAVE OBSERVED THE MISERY OF MY PEOPLE IN EGYPT, AND HAVE HEARD THEM CRYING OUT BECAUSE OF THEIR OPPRESSORS. I KNOW ABOUT THEIR SUFFERINGS, AND I HAVE COME DOWN TO RESCUE THEM FROM THE POWER OF THE EGYPTIANS AND TO BRING THEM FROM THAT LAND TO A GOOD AND SPACIOUS LAND, A LAND FLOWING WITH MILK AND HONEY...."

EXODUS 3:7–8

SUNDAY _/_/_

Celebrating with God's People

READ: Exodus 23:10–19

FOCUS:

Celebrate with God's people during the worship services today. 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: Sabbath and Festivals

MONDAY _/_/_

Celebration in Exodus

READ: Exodus 31:18–32:6

Why do you think the people became so impatient?

What is ironic about the commandments Moses received on top of the mountain and the activity taking place at the bottom of the mountain?

How can our practice of celebration be misguided or even idolatrous?

FOCUS:

Watch this BibleProject video on what makes God holy.

Take time to recognize what God has done and is doing and celebrate it in some way.

Go to *theFormed.life* to watch the video or use the QR code.

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 lovingkindness 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*,

– edited by Arthur Bennett

TUESDAY _/_/_

Celebrating God's Rescue

READ: Exodus 32:1–14

What did God say he was going to do to Israel before Moses' intercession?

What did Moses draw attention to in his prayer to God?

How do the promises of God shape your prayers?

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 34:5–8

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.

FOCUS:

Take time to 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 3:1–4:17, 32:11–14

What differences do you notice between Moses' approach to God during his first encounter with God on Mount Sinai in chapter 3 to that of his approach in chapter 32?

Why do you think his approach changed so much?

What does the way you approach God reveal about your view of him?

Go to *theFormed.life* to watch the video or use the QR code.

FOCUS:

Watch this BibleProject video on the reason you can trust God

At the end of the day, gather for a meal with loved ones and have each person share one way they saw God at work that day. Write down a brief summary of what is shared.

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 32; 1 Kings 12

What do you notice about Aaron's response to the people in comparison to Moses' response upon learning of their sin?

How do we see the pattern of Israel's sin in Exodus continue throughout their history?

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 your 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

Why do you think Stephen pointed back to Exodus before his crucifixion?
How do you think Stephen was able to maintain such peace and compassion in this moment before "he fell asleep"?

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.

WEEK 12

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

READ: Exodus 32:1–14

FOCUS:

Celebrate with God's people during the worship services today. 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 Golden Calf

MONDAY _/_/_

Celebration in Exodus

READ: Exodus 33:1–11

Why does God say he will not go with his people on their journey?

How does Moses' mediation point forward to Jesus' greater mediation to come?

What about Moses' encounters with God still gives us reason to celebrate the hope there is for God's people?

FOCUS:

Watch this BibleProject video on sacrifice and atonement.

Take time to recognize what God has done and is doing and celebrate it in some way.

Go to *theFormed.life* to watch the video or use the QR code.

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 lovingkindness 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*,

– edited by Arthur Bennett

TUESDAY _/_/_

Celebrating God's Rescue

READ: Exodus 19, 33

Why did Moses say the people should not move forward unless the presence of God goes with them?

What difference do you notice between the revelation of God's glory before the golden calf incident in Exodus 32 and after?

How do we still see God's grace and mercy at work despite the people's rebellion?

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:

Imagine watching this scene unfold. What comes to mind when you think about that moment and experience?

PRAY:

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

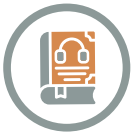
THURSDAY _/_/_

Celebrating God's Character

READ: Exodus 33:12–34:9

How does God describe himself in this passage?

How have you seen God demonstrate his slowness to anger and his abounding steadfast love to you?



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

FOCUS:

Read or listen to the blog on theFormed.life about the Feast of Firstfruits.

At the end of the day, gather for a meal with loved ones and have each person share one way they saw God at work that day. Write down a brief summary of what is shared.

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 3; Exodus 34:10-35

What impact does being in the presence of God have on Moses?

How do we see that God is still carrying out his plan to bring restoration to the results of the fall in Genesis 3?

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 your 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: Revelation 7:9–17

How did Moses' encounter with God on the mountain foreshadow the celebration that is to come for the nations before the presence of God?

How can we find rest in the present through the hope of Christ's return?

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.

Celebration

...Take joyful, passionate pleasure in God and the radically glorious nature of God's people, Word, world and purposes."

-Adele Ahlberg Calhoun

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

READ: Exodus 34:12–23

FOCUS:

Celebrate with God's people during the worship services today. 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: God's Glory

MONDAY _/_/_

Celebration in Exodus

READ: Exodus 35:4–36:7

How did God use the various vocations and giftings of the Israelites for the building of his tabernacle? What part does the Holy Spirit play in the construction of the tabernacle?
In your vocation, where have you seen the power of an integral heart paired with the skill of hands used to create something beautiful? Where could God be inviting you into such a task?

FOCUS:

Watch this BibleProject video on the book of Exodus part 2.
Take time to recognize what God has done and is doing and celebrate it in some way.

Go to *theFormed.life* to watch the video or use the QR code.

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 lovingkindness 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*,
– edited by Arthur Bennett

TUESDAY _/_/_

Celebrating God's Rescue

READ: Exodus 39:32–43

In chapters 25–31 there are detailed instructions for the building of the tabernacle. Why do you think the writer of Exodus relates such detail in chapters 35–39 about the building itself when so much of the material is repeated?

Why is it significant that the plans for the tabernacle still move forward even after the golden calf incident?

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:

Take time to 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:

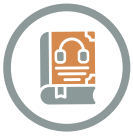
Take time to prayerfully reflect on one aspect of God's character revealed in this passage (e.g. his patience, faithful love, etc.).

THURSDAY _/_/_

Celebrating God's Character

READ: Exodus 40:1–33; Hebrews 8:1–6

What was the purpose of the priesthood? What was the purpose of the tabernacle? How do both point toward Jesus?



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

FOCUS:

Read or listen to the blog on theFormed.life about the Year of Jubilee.

At the end of the day, gather for a meal with loved ones and have each person share one way they saw God at work that day. Write down a brief summary of what is shared.

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 3:15; Exodus 40:34–38; Revelation 21:1–8

What was the original mandate that God gave to humanity?

Why do you think Moses cannot enter the tabernacle at the end of Exodus?

What is the ultimate destiny of those who trust in Jesus? How did the story of Creation and the Exodus anticipate 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 your 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: Leviticus 1:1–5; John 1:29–34

Looking ahead to Leviticus, what is the solution that allows God's people to be made right with him?

How does Jesus make acceptance before God possible? How can you rest in this good news today?

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.

WEEK
14

SUNDAY _/_/_

Celebrating with God's People

READ: Exodus 35:4–36:7

FOCUS:

Celebrate with God's people during the worship services today. 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 Tabernacle

As we conclude this study, we invite you to look through your calendar. What does it reveal about what you value and how you mark meaningful moments? What traditions have you formed?

Are there ways you can be even more intentional about remembering God's faithfulness? When celebrating a birthday or anniversary, consider sharing how you've seen God at work over the past year or how he has moved through the life of the person you are celebrating. Also consider inviting someone who may not have others to celebrate with.

May God continue to open our eyes to both the big and small ways we can celebrate his ongoing work in our lives.

EXODUS

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