

EXODUS

A WAY OUT

& A WAY

FORWARD

GROUP GUIDE

EXODUS

a way out & a way forward

In many ways 2020 was a year to forget! But in other ways, the challenges and lessons of the hard times need to be remembered and processed so we can move forward as the healthiest versions of ourselves.

Maybe right now is as good a time as any to reflect on the pain points in your own story and ask, "What if God wants to show me a way out and a way forward?"

PART 1 - THE WAY OUT starting January 10th

Exodus means "to leave." It's the story of how God rescued a people trapped in slavery, and helped them to leave their past behind. We all have different challenges, but everyone deals with unfair circumstances, struggles to sort through the trauma from their past, and gets stuck in destructive cycles that they can't explain. When we're stuck, scared, or spiraling, we need a way out.

PART 2: THE WAY FORWARD starting February 14th

Look for the Part 2 guide as we get closer! Follow @thrivelosangeles for updates.

LEVELS OF ENGAGEMENT

All of us are at different phases in our spiritual journeys. You may just be ready to listen to some sermons, or you might be ready to dive in and journal daily through the book of Exodus. The more you put in, the more you'll get out. We would invite you to prayerfully consider what level of engagement you're ready for.

God offers freedom from every kind of oppression. This 5-week discussion guide is designed for those who want to learn to live free.

This guide is designed for Thrive Groups (so bring it with you), but you can also go through it on your own or with a friend.

JOIN OR START A GROUP

Find current groups at thrivelachurch.com/thrive-groups

Text "Group" to 323-709-0711 for help getting placed in a group.

If you're interested in starting a Thrive group, contact Katie at katie@thrivelachurch.com or at 661-406-5582.

MAKING THE MOST OF THIS GUIDE

Attend Worship

- Live Sundays at 10am online at thrivela.online.church

- RSVP to social-distanced outdoor services at thrivelachurch.com/rsvp

Watch the Story Summary Videos and Read on Your Own

Since Exodus is meant to be read as a story, the series sometimes covers large sections of scripture at a time. Reading beforehand on your own can bring depth and variety to group discussions, but you can also watch our short creative story videos together each week to get everyone caught up even if they didn't catch the sermon or read ahead.

Weekly Sermons and all Story Summary Videos can be found at thrivelachurch.com/exodus

Exploration Activity

Each week has an activity designed for a group or with a friend to help you experience the content on a deeper level.

Discussion

Each week has Bible reading + discussion questions designed to help you go deeper.

WEEK 1 - EXODUS 1-2 Our Wounds + Our Weapons

Find all Sermon and Story Summary Videos at thrivelachurch.com/exodus

Exploration Activity

You've probably heard the phrase, "That escalated quickly!" Maybe you've seen a zippy comeback turn a light-hearted moment into a huge fight or had a last minute job interview lead to a big cross-country move.

Open up your time by sharing stories (silly or serious!) about normal situations that seemed to spiral out of control as one thing led to another.

Story Summary

Watch the story summary video together titled Exodus 1-2, found at thrivelachurch.com/exodus



Read Exodus 1-2 and turn the page.

WEEK 1 - EXODUS 1-2

Our Wounds + Our Weapons continued

Discuss

The midwives (Ex 1:15-20) and Moses (Ex 2:11-15) both stood up against injustice with very different results. What can we learn from their choices and experiences?

“Hurt people hurt people” Has this been true in your own life? Can you remember any conflicts that were the result of a hurt person hurting someone else?

Describe a time when you felt like you were crying out to God, but not getting a response. How can we know that God is really listening?

One of the most common reasons that people reject faith in God is the existence of evil in the world. What do you think about that problem?

Are you going through or witnessing a situation that desperately needs resolution? What would it look like to actually cry out to God?

Spend some time in really honest prayer.

WEEK 2 - EXODUS 3-4

Reaching the End of Myself

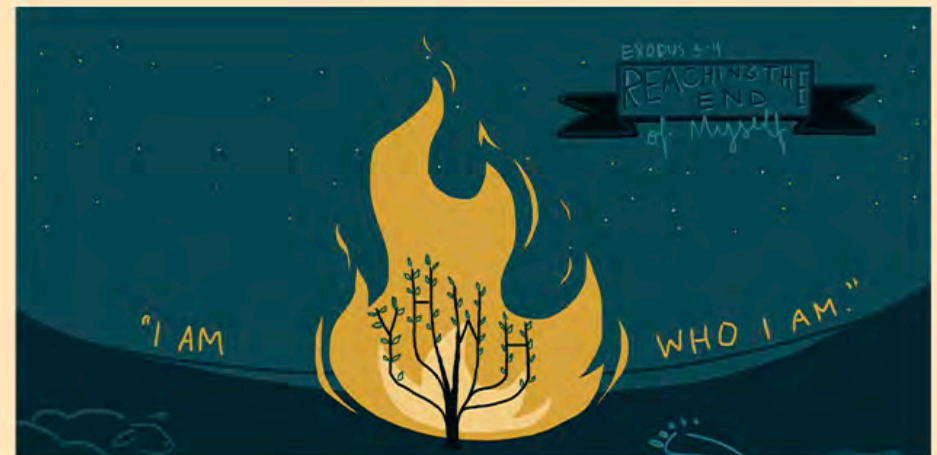
Find all Sermon and Story Summary Videos at thrivechurch.com/exodus

Exploration Activity

Get out your phones and scroll through #bestoflinkedin on Instagram or Twitter and have everyone share their favorite / most absurd post. In what ways does our culture tend to improperly value self-promotion and self-esteem?

Story Summary

Watch the story summary video together titled Exodus 3-4, found at thrivechurch.com/exodus



Read Exodus 3-4 and turn the page.

WEEK 2 - EXODUS 3-4

Reaching the End of Myself continued

Discuss

In the early chapters of Exodus we see Moses go from overzealous to self-doubting. What do you think healthy, humble, confidence looks like in your life?

In what ways have you seen God “show up” after a long wait?

In what ways do you currently see God at work in your life and helping you with your problems?

To what extent do you honestly depend on a “higher power” in your daily life? Is there something in your life that you rely on to help you with your problems? What would it look like if you relied on God to be your help instead?

Look at the attached list of some of the attributes of God demonstrated in Exodus, adapted from The Village Church. What aspects of God make you the most thankful? Which parts are hardest for you to grapple with?

ATTRIBUTES OF GOD

One of our hopes for the Exodus series is to be filled with awe + wonder by the living God. He draws us out of darkness + into his light. Here are some attributes of God to look for and meditate on as you read, pray, and discuss Exodus within your group + family.

Almighty // Nothing is too hard for God.

Attentive // God hears and responds to the prayers of His children.

Compassionate // God sees, cares and acts when His children are in need.

Creator // God made everything.

Deliverer // God rescues His children.

Faithful // God always does what He says.

Generous // God gives liberally, sacrificially, and indiscriminately to his creation.

Glorious // God is beautiful and delights in the display of his greatness and worth.

Good // God is what is best.

Holy // God is special, set apart, and totally separate from sin.

Just // God punishes sin and sets things right.

Loving // God does what is best.

Merciful // God does not give His children the punishment they deserve.

Provider // God meets His children’s needs.

Refuge // God is a place of safety and protection for His children.

Sovereign // God has the right, wisdom, and power to do all that He pleases.

Unchanging // God never changes.

Wise // God knows what is best.

Worthy // Only God deserves all honor + glory.

WEEK 3 - EXODUS 5-10 Who Can Deliver?

Find all Sermon and Story Summary Videos at thrivechurch.com/exodus

Exploration Activity

Break into smaller groups or pairs. Assign each group one of the following: A shopping center, a school, your workplace, a close major street, the street you live on. Spend a few minutes noting what it's like and pointing out as many details as you can about it. Based on the description, come up with a list of what you think the people who made it and use it most value. Join back together and have everyone share what they noticed.

Discuss:

How do our choices reveal our values?

Story Summary

Watch the story summary video together titled Exodus 5-10, found at thrivechurch.com/exodus



Review Exodus 5-10 and discuss.

WEEK 3 - EXODUS 5-10 Who Can Deliver? continued

Discuss

Moses and Aaron knew they had to obey God, even when the people of God felt like it was a lost cause. Are there ways the Church has given up on serving and obeying God because it seems like a lost cause or socially unpopular? In what way does the church get caught up valuing the wrong things?

After just 3 plagues the magicians of Egypt knew God was real and at work (Exodus 8:18-19), but Pharaoh kept ignoring the obvious. Have you ever ignored something that God was trying to tell you? What was the outcome? What do you think you were primarily valuing or trusting in at that time?

During the eighth and ninth plagues, Pharaoh finally confesses his sins and asks for help (Ex 9:27; 10:16) but he still refuses to let the Israelites go. What does it take to move from confession of a sin or idol to actual change?

Moses' confidence in God grew, even as Pharaoh's heart has hardened (Look at Exodus 7:1, 11:8). In what areas of life would you like God to grow your trust in his power and wisdom?

WEEK 4 - EXODUS 11-13

All the Way Free

Find all Sermon and Story Summary Videos at thrivechurch.com/exodus

Exploration Activity

Take Communion Together. Gather bread and grape juice to take communion as a group. Have someone read 1 Corinthians 11:23-28 to open a time of prayer where you do the following:

- Meditate on the meaning of the sacrifice of Jesus
- Thank God for the free gift of forgiveness through faith in Jesus
- Confess your sins and your struggles
- Celebrate your freedom in Christ
- When you have prayed and confessed together, take the bread and the juice.

Story Summary

Watch the story summary video together titled Exodus 11-13, found at thrivechurch.com/exodus



Read Exodus 11-13 and Discuss.

WEEK 4 - EXODUS 11-13

All the Way Free continued

Discuss

The story of Passover is filled with shadows that find their fulfillment in Christ. As a group, discuss as many as you can find (read 12:43-51 to help with your answers). Then look at 1 Peter 1:19.

Why does Christ's spotless character make Him able to pay for our sin?

Have you ever put your trust in Jesus for the forgiveness of sins and the gift of eternal life? If not, what prevents you? If so, describe the ways in which God has rescued and forgiven you.

Look again at Exodus 12:7-13.

These instructions are all intended to leave Israel in a state of readiness. At any moment, their escape from enslavement may come. Jesus likewise tells us to be ready at all times for His return (Matt. 24:36-44). How can we prepare ourselves?

The Lord's Supper occurred at the Passover feast on the night of Jesus' betrayal (Luke 22:14-21). How does the backstory of Exodus bring a richer meaning to the communion ritual we celebrate today?

WEEK 5 - EXODUS 14

The Waymaker

Find all Sermon and Story Summary Videos at thrivechurch.com/exodus

Exploration Activity

If you were moving away forever last-minute, and could only grab a backpack of stuff, what personal belongings would you grab on the way out and why?

Show others a photo you would make sure you had, a favorite book, etc. if you can.

Story Summary

Watch the story summary video together titled Exodus 14, found at thrivechurch.com/exodus



Read Exodus 14 and Discuss.

WEEK 5 - EXODUS 14

The Waymaker continued

Discuss

Imagine you are an Israelite in this story. How would you react to all these events?

The Israelites were terrified as they approached the Red Sea (Exodus 14:10). Why is it so scary to depend on God's promises? How can we help each other deal with doubt?

God repeatedly says that he is sending the plagues and splitting the sea so people will know he is really God. In what ways could your life make room for God to prove that he really is God?

If passover is just like the death of Jesus, in what ways is the parting of the Red Sea like the resurrection? Consider Romans 5:9-10.

Just as crossing the Red Sea was a miraculous public initiation into new life, baptism is a public symbol of initiation as we come up from the water. Baptism proclaims our trust in God's miraculous power to bring new life through Jesus. (Consider 1 Corinthians 10:1-4 and 1 Peter 3:20-22). In what ways is God calling you to step into new life?

Have you been baptized to publicly display your faith? If not, what prevents you?

Want more info on baptism? Talk to your thrive group leader or email Pastor Katie - Katie@thrivechurch.com to set up a time to learn more and ask questions.

PART 2: THE WAY FORWARD
starting February 14th

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If you have questions about anything in
this guide, or about how to take steps in
your spiritual journey, please contact:

welcome@thrivelachurch.com
or text 323-709-0711



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@thrivelosangeles