

Exodus

Lessons from the Wilderness

Contents		Page
Using this Guide: Reading the Bible for Worship		3
Exodus Devotional Study Guide		
Week One	Be Grateful Exodus 16:1-17:7	5
Week Two	Ask for Help Exodus 17:8-19:8	7
Week Three	Partner with God Exodus 19	15
Week Four	Obey God Exodus 20	25
Week Five	Worship God Exodus 32-34	33
Week Six	Be Humble Deuteronomy 8	43
Week Seven	Practice Sabbath Exodus 20:8-11, 31:12-17	51
Week Eight	Live Facedown Numbers 14, 16	61
Week Nine	Walk by Faith Hebrews 11	69
Week Ten	Make Disciples Joshua 1	77

Using this Guide

Reading the Bible for Worship

Why Use this Guide?

We can study the Bible for information or for worship. Study it only for information and you might become prideful. Study it for worship and you will be changed. Worship isn't just singing or raising your hands in the air, it's having your affections caught up in the beauty of God in such a way that it radically transforms how you think, speak and live.

You can be a part of a Bible Study group and not use this guide, but something will be missing. I promise. We need time together, hearing the insights of others, but we also need porch time with God. You might call it chair time or living room time or something else, but for me it's porch time. It's the time each day I sit on my porch, open my Bible and a guide like this, seeking to be attentive to God's presence and the truth of his word.

On the porch I seek to remove distractions and listen for God's voice through the Bible and the nudges of the Holy Spirit. There are days I don't feel anything profound happening, but I seek to show up anyway—like you would with a dear friend, a spouse or your child. It helps me to have something to guide me. I don't want to meet with the god of my own making, I want to meet with the God of the Bible who promises to be with me and for me always.

Use this guide as you open the Bible to study, worship, pray, listen, wait, obey, question and let God lead you.

Use this Guide to Meet with God

Right now, determine when and where you will meet with God. Put it in your calendar. Record it on the following page. Guard this time like you guard time for your favorite person, event or show. Each week is divided into five days of study, worship and reflection. It will take just 15-20 minutes each day.

As you work through this guide, notice the many opportunities to **PAUSE**. These pauses are invitations to slow down and listen for God's voice. We don't want to just know *about* God, we want to *know* God and *obey* God. This involves more than getting information, it requires letting God speak to us. His voice will always align with Scripture, it may never be audible but is often a sense or a nudge. To hear God we remove distractions (no phone, no noise) and listen with the belief he is always with us and wants to speak to us.

Focus in on this study—make it your devotional. Don't try to do multiple devotionals and studies at one time. Just do this one. It's only ten weeks.

Gather Together

Gather some friends and meet weekly to discuss how you are experiencing God, his word and life-change through this study. Pray for each other. Listen to each other. Make it a safe time by not trying to fix one another with unsolicited advice. Be fully present with one another, knowing God is fully present with you.

Expect Change

When we come to faith in Jesus a miracle takes place. God, the Holy Spirit, comes to live in us. Jesus told his followers that his Father would send the Holy Spirit to be *with* them and *in* them (John 14:17). The Holy Spirit is committed to our transformation—he instructs us with truth, he convicts us of sin, he empowers us for the mission of God and he grows us in fruitfulness (love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control).

Follow the Teaching

www.womensbiblestudyLA.com/resources

YouTube: Women's Bible Study LA

Make a Plan

I will meet with God five days a week at this time: _____

I will meet with God in this location: _____

I will share what I am learning and how I am growing with these people:

Week One | Be Grateful | Exodus 16:1-17:7

Notes Page: Use these pages to take notes on the talk, *Be Grateful*.

Find this talk at womensbiblestudyLA.com/resources or on YouTube (Women's Bible Study LA).

DIG IN WITH YOUR GROUP

Introduce yourself and share a bit of who you are and what you hope to gain from this study and time together.

What encouraged you from this message? What challenged you?

When do you tend to complain more than you tend to thank?

How can you practice gratitude this week?

Pray for one another based on what was shared.

Week 2 | Ask for Help | Exodus 17:8-19:8



The Lesson from the Wilderness: Ask for Help

Each week we consider a lesson learned in the wilderness wanderings of the exodus and seek to practice the lesson learned each day. The lesson this week is to ask for help. Moses is facing the challenges of leadership: a complaining people, lack of trust, isolation and busyness. Read Exodus 17:8-19:8 and record what it says about depending upon others, sharing the load in leadership, following God and asking for help.

Ask for Help

Tell God that you are listening for his voice (it will not necessarily be audible—it might be a picture, a sense or a nudge. It will never contradict the Bible and, in fact, will often come directly from the Bible). Ask him where you need to ask for help today and who to ask. Record your sense here and then do it!



God's Battle and the Community of God

Re-read Exodus 17:8-16. Moses delivers the people from Egypt and takes them on a journey in the wilderness where they quickly face a battle with their enemy Amalek.

Commentator Tim Chester says, (This conflict between Israel and the Amalekites) “stretches back to Cain and Abel and beyond to God and Satan . . . This war was between the people of God and the people of Satan throughout history. ‘Do not be like Cain’, says 1 John 3:12-13, ‘who belonged to the evil one and murdered his brother. And why did he murder him? Because his own actions were evil and his brother’s were righteous. Do not be surprised, my brothers and sisters, if the world hates you.’ This battle (in Exodus 17) is a picture of the battle that has raged since the fall (Genesis 3), and rages still today.” This is a battle of God judging the Amalekites for opposing him by opposing his people.

It is the way of God to battle for us, with us and through us. In this scene, God uses Moses to demonstrate that the battle is his, through his people. Moses holds up the “staff of God” which was used in the judgment of Egypt. This victory was dependent upon God.

What do you see about God in this passage that causes you to worship?

Moses grew weary in holding up the staff of God. What are you holding that is becoming heavy and you need help to carry? Who are your Aaron and Hur (those who will help hold your burden)? How can they help you carry your particular circumstances this week?

Ask for Help

Who will you ask for help from today?

Did you ask someone for help yesterday? How did it go?

Day **3**

Remembering

After the battle, God wants Moses to write it down and be sure Joshua hears it. He wants them to remember, because remembering resets our soul and ignites our worship.

¹⁴ Then the Lord said to Moses,
“Write this on a scroll as something to be remembered
and make sure that Joshua hears it, because I will completely blot out the name
of Amalek from under heaven.”

Exodus 17:14

What battle has God fought for you that you need to **PAUSE** and remember today. Record it here and worship.

Ask for Help

Who will you ask for help from today?

Did you ask someone for help yesterday? How did it go?

Day **4**

The Lord is My Banner

After the battle, Moses builds an altar and names it “The Lord is My Banner”.
Chester says in his commentary of Exodus:

A banner or a standard was what soldiers looked to in battle. It was the rallying point, the sign by which the army stood firm. But the banner to which Israel looks is not held by Joshua on the battlefield, but by Moses on the hill. The banner is God himself. God in Christ is our rallying point, our standard, our sign of victory . . . So this story leads to

another hill and another man with his hands outstretched and another story of judgment. God's people are again liberated through the judgment of God. Their enemies are defeated. But there is an important difference. Moses spread out his hands to dispense judgment. Jesus spread out his hands to receive judgment.

Meditate on the following verses and **PAUSE** to worship Jesus who stretched out his hands on the cross and won the ultimate victory of your salvation.

¹⁸For Christ also suffered once for sins, the righteous for the unrighteous, to bring you to God. He was put to death in the body but made alive in the Spirit.

1 Peter 3:18

²¹God made Jesus who had no sin to be sin for us, so that in him we might become the righteousness of God.

2 Corinthians 5:21

⁸But since we belong to the day, let us be sober, putting on faith and love as a breastplate, and the hope of salvation as a helmet. ⁹For God did not appoint us to suffer wrath but to receive salvation through our Lord Jesus Christ.

1 Thessalonians 5:8-9

⁶You see, at just the right time, when we were still powerless, Christ died for the ungodly.

⁷Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. ⁸But God demonstrates his own love for us in this: while we were still sinners, Christ died for us.

⁹Since we have now been justified by his blood, how much more shall we be saved from God's wrath through him! ¹⁰For if, while we were God's enemies, we were reconciled to him through the death of his Son, how much more, having been reconciled, shall we be saved through his life!

¹¹Not only is this so, but we also boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Romans 5:6-11

Ask for Help

Who will you ask for help from today?

Did you ask someone for help yesterday? How did it go?

Day **5**

Overwhelmed

Read Exodus 18 and answer the following questions:

When do you feel most overwhelmed or busy? Why?

What was Moses doing when he received Jethro's wisdom?

What was God's role in this situation?

What was the role of the "able men" (Ex. 18:21-27)?

How will you apply this passage to your life this week?

PAUSE. Record a prayer of thanksgiving to God for who he is and how he provides.

Ask for Help
Who will you ask for help from today?

Did you ask someone for help yesterday? How did it go?

Week Two | Ask for Help | Exodus 17:8-19:8

Notes Page: Use these pages to take notes on the talk, *Ask for Help*.

Find this talk at womensbiblestudyLA.com/resources or on YouTube (Women's Bible Study LA).

DIG IN WITH YOUR GROUP

What are the things that overwhelm you, and when is it hard to ask for help (Day 5)?

Share some of the ways God has fought for you in the past and how these moments have encouraged your faith (Day 3).

Share one story of asking for help this week. What did you learn?

Pray for one another according to what was shared.

Week Three | Partner with God | Exodus 19

Day **1**

The Lesson from the Wilderness: Partner with God

Each week we consider a lesson learned in the wilderness wanderings of the exodus and will seek to practice the lesson learned each day. This week's lesson is to partner with God. Throughout Scripture, God calls humans to partner with him in the work of love, holiness, grace, gospel proclamation, mercy, justice, discipleship and more. Read Exodus 19 and record how Moses partnered with God in this instance.

Partner with God

Tell God that you are listening for his voice (it will not necessarily be audible—it might be a picture, a sense or a nudge. It will never contradict the Bible and, in fact, will often come directly from the Bible). Ask God where you can partner with him today as a co-laborer with him on his mission in the world.

Day **2**

God's Partners are Priests

God invites Israel into a relationship with him in Exodus 19. He says they will be his treasured possession, a nation of priests and a holy nation. **PAUSE.** Meditate upon Exodus 19:3-6 and record your observations in the margins. An observation is simply what you see in the passage. What does it tell you about God? What does it tell you about Israel?

³ Then Moses went up to God, and the LORD called to him from the mountain and said, "This is what you are to say to the descendants of Jacob and what you are to tell the people of Israel: ⁴ You yourselves have seen what I did to Egypt, and how I carried you on eagles' wings and brought you to myself. ⁵ Now if you obey me fully and keep my covenant, then out of all nations you will be my treasured possession. Although the whole earth is mine, ⁶ you will be for me a kingdom of priests and a holy nation.' These are the words you are to speak to the Israelites."

Exodus 19:3-6

Those who belong to Jesus are priests according to Peter. **PAUSE.** Meditate upon the following passage and record your observations in the margins. What does it look like to be a partner/priest with God?

Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind. ² Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, ³ now that you have tasted that the Lord is good. ⁴ As you come to him, the living Stone – rejected by humans but chosen by God and precious to him – ⁵ you also, like living stones, are being built into a spiritual house to be a holy priesthood, offering spiritual sacrifices acceptable to God through Jesus Christ . . .

⁹ But you are a chosen people, a royal priesthood, a holy nation, God's special possession, that you may declare the praises of him who called you out of darkness into his wonderful light. ¹⁰ Once you were not a people, but now you are the people of God; once you had not received mercy, but now you have received mercy. ¹¹ Dear friends, I urge you, as foreigners and exiles, to abstain from sinful desires, which wage war against your soul. ¹² Live such good lives among the pagans that, though they accuse you of doing wrong, they may see your good deeds and glorify God on the day he visits us.

1 Peter 2:1-5, 9-12

Partner with God

After reading and meditating upon Exodus 19:3-6 and 1 Peter 2:1-5, 9-12, how is God inviting you to partner with him today?



Partnering with God in Prayer

Read the following from the mission organization, NOVO partnering with God as priests (novo.org/mission-blog/prayer-walking-as-a-priest-who-rules).

The key biblical truth I love to share with people is the concept of *being a priest who rules*. Let me break that down a bit.

In 1 Peter 2:9 we learn that we're a "royal priesthood." We have authority in Christ to operate as priests in prayer on behalf of groups of people who need to experience God. In Numbers 16 we can learn a lot about the role of a priest: the priest is an advocate between God and the people; a big part of the priest's role is to perform sacrifices to cover the sins of the people; and the priest is a channel of blessing. The thing about the royal priesthood that's so exciting is that what Christ completed on the cross is done. The price for all sins past, present, and future has already been paid through his sacrifice. As members of the royal priesthood, we get to advocate for the people and places around us by praying that Christ's sacrifice would cover their sin so they can come closer to God, and that the blessings of God's goodness would come into their lives. We can pray for these things over people and over places where evil has occurred. Miraculous things can happen when we pray in this way.

In Genesis 1:26 we're reminded that we have been given responsibility for the earth and are told to care for it. Because we have that God-given authority as benevolent rulers who steward the land, we have the right and responsibility to be praying and cleaning up the land spiritually as well. When we take responsibility for our areas of influence and declare, "This [park, neighborhood, office building, etc.] is mine, and I'm going to care for it and love it," it changes us. We're taking responsibility for what goes on there, and there's a new level of authority in our prayers as a result.

When people start to understand these two concepts – of being a priest and a ruler (caretaker) in the land – side by side, I've seen them start to pray with a fervency and expectancy that they didn't have before...even people who were already praying regularly or prayer-walking! When people understand that they're a priest, and that they have responsibility for the land, there's an extra, added layer of prayer that they can be doing even in simple prayer walks.

Prayer-Walking

Prayer-walking is simply praying as your walk. The benefit is stepping into an area of town (your

neighborhood, workplace, etc.) and being aware of what God is doing or might want to do in that area. As you walk, you are asking God to direct your prayers and praying at the same time. It is a practice of listening for the nudges and impressions of the Holy Spirit and also sharing your impressions. It is the act of communicating with God: speaking *and* listening, listening *and* speaking. It's often helpful to prayer-walk with a friend—walking and praying out loud together in conversation with God.

Partner with God

Take 10-15 minutes today and prayer-walk down your street, around your kid's school or around your workplace. What did you sense God leading you to pray? What did you sense him saying to you as you prayed?



Jesus, Our Great High Priest

Scripture speaks of Moses' faithfulness to God, but even greater is the service of Jesus. Read the following passages. **PAUSE.** Meditate upon and record what they reveal about Jesus.

Therefore, holy brothers and sisters, who share in the heavenly calling, fix your thoughts on Jesus, whom we acknowledge as our apostle and high priest. ²He was faithful to the one who appointed him, just as Moses was faithful in all God's house. ³Jesus has been found worthy of greater honor than Moses, just as the builder of a house has greater honor than the house itself. ⁴For every house is built by someone, but God is the builder of everything. ⁵"Moses was faithful as a servant in all God's house," bearing witness to what would be spoken by God in the future. ⁶But Christ is faithful as the Son over God's house. And we are his house, if indeed we hold firmly to our confidence and the hope in which we glory.

Hebrews 3:1-6

¹⁴ Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. ¹⁵ For we do not have a high priest who is unable to empathize with our weaknesses, but we have one who has been tempted in every way, just as we are – yet he did not sin. ¹⁶ Let us then approach God’s throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.

Hebrews 4:14-16

Read this from Brandon Crowe, Associate Professor of New Testament at Westminster Seminary:

First, as our great high priest Jesus has offered the final sacrifice to atone for sins (Heb. 10:14). Because Jesus’ sacrifice is perfect, no additional sacrifice is needed forever. This is the case because Jesus did not simply offer a sacrifice that was external to himself, but he offered himself as the perfect sacrifice. A key text in this regard is Hebrews 10:5–7, which quotes Psalm 40:6–8:

Consequently, when Christ came into the world, he said, “Sacrifices and offerings you have not desired, but a body have you prepared for me; in burnt offerings and sin offerings you have taken no pleasure. Then I said, ‘Behold, I have come to do your will, O God, as it is written of me in the scroll of the book.

Hebrews 10:9 then adds: “And by that will we have been sanctified through the offering of the body of Jesus Christ once for all.” Jesus’ sacrifice provides the solution to a problem that we often find in the Old Testament: even where sacrifices may be offered, people’s hearts (including those of the priests) were often far from God. Jesus overcame the imperfection of previous offerings by offering the sacrifice of his own body. For in his body, Jesus was fully devoted to God in every way. Jesus never sinned, whether by deeds of omission or commission, and therefore he realized the perfection in himself that is necessary for true remission of sins. Jesus lived a perfect life, which enabled him to serve himself as the perfect sacrifice. As Hebrews says, without the shedding of blood there is no forgiveness of sins (9:22). However, the blood of bulls and goats can never suffice to take away sins (10:1, 4). That is why it is such wonderful news that Jesus himself is our final sacrifice. Jesus can actually bring true and lasting forgiveness of sins because of the value of his sacrifice.

Second, Jesus is our great high priest in a way that is superior to the high priesthood of the Old Testament because Jesus ministers in heaven itself. We see this in Hebrews 1:3, which states that Jesus sat down at the right hand of God when he had made purification for sins (see also 10:12). It is important to remember that Jesus’ sacrifice is effectual because he did not stay dead, but was raised to an indestructible life (7:16), and this resurrection life is the presupposition for the heavenly, priestly reign of Christ. His seat at the right hand of God is the seat of the victorious conqueror, who has conquered all his enemies, including sin and death (cf. 1:13; Ps. 110:1). There is no one who can provide closer access to the throne of God. He is our “sure and steadfast anchor of the soul,” our “hope that enters into the inner place behind the curtain” (Heb. 6:19).

Jesus thus reigns as our great high priest in heaven itself (Heb. 8:1; 9:11, 24). As our great high priest who makes final atonement for sins, Jesus is fully human. Yet the same verse at the beginning of Hebrews

that tells us of his ascension to the right hand of God also emphasizes the divinity of the Son: “He is the radiance of the glory of God and the exact imprint of his nature” (1:3a). The power of Jesus as our great high priest to forgive our sins is therefore keenly related to his divinity as well.

And as the risen-and-ascended, divine-and-human great high priest, Jesus is a priest forever. He never has to be renewed in his office. He never takes a break or goes to sleep. Death will never prevent him from executing his office as priest. He is a high priest forever after the order of Melchizedek. He is the royal priest-king whose priestly reign has no end. He therefore is able to save his people to the uttermost, because he always lives to intercede for us, and never ceases to provide access to God, blessing us with the benefits of salvation acquired by his high priestly work (see Heb. 7:23–25).

Partner with God

In light of your reading and meditation, how will you partner with God today?



Meeting with God to Partner with God

It was the habit of Moses to meet with God throughout his leadership of Israel. Jesus also met often with God in prayer. **PAUSE.** Meditate on the following passages.

Record what you learn about meeting with God.

⁷ Now Moses used to take a tent and pitch it outside the camp some distance away, calling it the “tent of meeting.” Anyone inquiring of the LORD would go to the tent of meeting outside the camp. ⁸ And whenever Moses went out to the tent, all the people rose and stood at the entrances to their tents, watching Moses until he entered the tent. ⁹ As Moses went into the tent, the pillar of cloud would come down and stay at the entrance, while the LORD spoke with Moses. ¹⁰ Whenever the people saw the pillar of cloud standing at the entrance to the tent, they all stood and worshiped, each at the entrance to their tent. ¹¹ The LORD would speak to Moses face to face, as one speaks to a friend. Then Moses would return to the camp, but his young aide Joshua son of Nun did not leave the tent.

Exodus 33:7-11

³⁵ Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Mark 1:35

¹⁹ Jesus gave them this answer: "Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does.

²⁰ For the Father loves the Son and shows him all he does. Yes, and he will show him even greater works than these, so that you will be amazed.

John 5:19-20

²⁷ They did not understand that he was telling them about his Father. ²⁸ So Jesus said, "When you have lifted up the Son of Man, then you will know that I am he and that I do nothing on my own but speak just what the Father has taught me. ²⁹ The one who sent me is with me; he has not left me alone, for I always do what pleases him." ³⁰ Even as he spoke, many believed in him. ³¹ To the Jews who had believed him, Jesus said, "If you hold to my teaching, you are really my disciples. ³² Then you will know the truth, and the truth will set you free."

John 8:27-32

As God's co-workers we urge you not to receive God's grace in vain. ² For he says, "In the time of my favor I heard you, and in the day of salvation I helped you." I tell you, now is the time of God's favor, now is the day of salvation. ³ We put no stumbling block in anyone's path, so that our ministry will not be discredited. ⁴ Rather, as servants of God we commend ourselves in every way: in great endurance; in troubles, hardships and distresses; ⁵ in beatings, imprisonments and riots; in hard work, sleepless nights and hunger; ⁶ in purity, understanding, patience and kindness; in the Holy Spirit and in sincere love; ⁷ in truthful speech and in the power of God; with weapons of righteousness in the right hand and in the left; ⁸ through glory and dishonor, bad report and good report; genuine, yet regarded as impostors; ⁹ known, yet regarded as unknown; dying, and yet we live on; beaten, and yet not killed; ¹⁰ sorrowful, yet always rejoicing; poor, yet making many rich; having nothing, and yet possessing everything.

2 Corinthians 6:1-10

Partner with God

Create a space to meet with God and hear his voice (John 10:1-5). Meditate upon the previous Scripture and worship Jesus. How is God inviting you to partner with him today?

Week Three | Partner with God | Exodus 19

Notes Page: Use these pages to take notes on the talk, *Partner with God*.
Find this talk at womensbiblestudyLA.com/resources or on YouTube (Women's Bible Study LA).

DIG IN WITH YOUR GROUP

What was one thing you heard in the talk that encouraged you?

What surprised you about Moses' partnership with God?

How did you partner with God this week, and what did you learn about yourself and about God?

Pray for one another according to what is shared.

Week Four | Obey God | Exodus 20



The Lesson from the Wilderness: Obey God

People tend to think of the Ten Commandments as the means for relationship with God. The thinking goes: If I can obey these commands then God will like me and I'll make it into heaven. But, this is not Biblical thinking! When the condition of sin entered the world and affected all humanity it became impossible for people to please God on their own. Abraham's belief was an act of faith, not performance (Romans 4:9; Romans 4:22; Galatians 3:6; James 2:23; Genesis 15:6; Titus 3:8). When Abraham "believed" God it was "credited to him" as righteousness. His righteousness was a gift, a grace. Relationship with God has *always* been a gracious gift of God.

Exodus 20:1-2 sets up God's reason for giving the Ten Commandments.

¹And God spoke all these words: ²"I am the LORD your God, who brought you out of Egypt, out of the land of slavery.

Exodus 20:1-2

God declares that they are *already* his people. He is "the Lord *your* God" —their God. This isn't a list of rules to *become* his people but a list of rules because they are his people. These commands are blueprint for how the new nation of Israel is to act as those who belong to God. It's not a bad list, it's a beautiful list. Read Exodus 20:1-21 and list the Ten Commandments and what makes them beautiful.

	The Commandment	The Beauty of the Command
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Obey God

In the wilderness, the Israelites learned God desired obedience. Look back over God's commands to his people and choose to obey him today. What will you do to demonstrate your obedience?



Obedience and Love

Paul claims that keeping the commands is summed up in love. **PAUSE.** Meditate on Romans 13:9-10.

⁹The commandments, "You shall not commit adultery," "You shall not murder," "You shall not steal," "You shall not covet," and whatever other command there may be, are summed up in this one command: "Love your neighbor as yourself."

¹⁰Love does no harm to a neighbor. Therefore love is the fulfillment of the law.

Romans 13:9-10

How are the Ten Commandments an expression of love toward God?

How are the Ten Commandments an expression of love toward others?

Which command is most difficult for you to keep? How might love motivate you to keep it?

Obey God

How can you obey God today by loving someone in your life?



The Motivation for Obedience

Jesus connects our love for him to our obedience to him. **PAUSE.** Meditate on the following passage.

⁹ “As the Father has loved me, so have I loved you. Now remain in my love.

¹⁰ If you keep my commands, you will remain in my love, just as I have kept my Father’s commands and remain in his love. ¹¹ I have told you this so that my joy may be in you and that your joy may be complete. ¹² My command is this: Love each other as I have loved you. ¹³ Greater love has no one than this: to lay down one’s life for one’s friends. ¹⁴ You are my friends if you do what I command. ¹⁵ I no longer call you servants, because a servant does not know his master’s business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you. ¹⁶ You did not choose me, but I chose you and appointed you so that you might go and bear fruit – fruit that will last – and so that whatever you ask in my name the Father will give you. ¹⁷ This is my command: Love each other.

John 15:9-17

How is this motivation for obedience different than shame, guilt or fear?

Obey God

Create some time to be still and listen to God. How is he inviting you to obey him today?

Day **4**

Power to Obey

Within the beauty of Christian obedience is God's provision of the Holy Spirit. God the Holy Spirit works from within to transform us and produce in us the character of obedience. The Holy Spirit produces a fruit in us that obeys God's command to love.

PAUSE. Meditate on the following Scripture and receive the promise given by Jesus that the Holy Spirit will indwell and transform all who belong to him. Write your prayers and observations in the margins.

¹³ You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love. ¹⁴ For the entire law is fulfilled in keeping this one command: "Love your neighbor as yourself." ¹⁵ If you bite and devour each other, watch out or you will be destroyed by each other.

¹⁶ So I say, walk by the Spirit, and you will not gratify the desires of the flesh. ¹⁷ For the flesh desires what is contrary to the Spirit, and the Spirit what is contrary to the flesh. They are in conflict with each other, so that you are not to do whatever you want.

¹⁸ But if you are led by the Spirit, you are not under the law.

¹⁹ The acts of the flesh are obvious: sexual immorality, impurity and debauchery; ²⁰ idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions ²¹ and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.

²² But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, ²³ gentleness and self-control. Against such things there is no law. ²⁴ Those who belong to Christ Jesus have crucified the flesh with its passions and desires.

²⁵ Since we live by the Spirit, let us keep in step with the Spirit.

²⁶ Let us not become conceited, provoking and envying each other.

Galatians 5:13-26

¹⁴ For those who are led by the Spirit of God are the children of God.

¹⁵ The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, "Abba, Father." ¹⁶ The Spirit himself testifies with our spirit that we are God's children. ¹⁷ Now if we are children, then we are heirs – heirs of God and co-heirs with Christ, if indeed we share in his sufferings in order that we may also share in his glory.

Romans 8:14-17

The most important question we ask of (the Bible) is not, 'What does this mean?' but 'What can I obey?'

A simple act of obedience will open up our lives to this text far more quickly than any number of Bible studies and dictionaries and concordances.

Eugene H. Peterson,

Obey God

PAUSE and ask God how he is inviting you to obey him today. What will be your first step of obedience?

Day
5

The Obedience of Jesus

Jesus said repeatedly in the gospel of John that he only did what the Father told him to do and only said what the Father told him to say. In one of the most profound moments in the Bible we see Jesus asking if he can do it a different way than the Father was leading him. **PAUSE.** Meditate upon this passage. Put yourself in the story (imagine you are there with Jesus, that you are Jesus) and record what you see, feel and learn.

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them, "Sit here while I go over there and pray." ³⁷ He took Peter and the two sons of Zebedee along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them, "My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me."

³⁹ Going a little farther, he fell with his face to the ground and prayed, "My Father, if it is possible, may this cup be taken from me. Yet not as I will, but as you will." [The "cup" was the wrath of God to be poured out on Jesus on the cross – Jesus absorbing God's wrath to accomplish our salvation from the consequence of sin.]

⁴⁰ Then he returned to his disciples and found them sleeping. "Couldn't you men keep watch with me for one hour?" he asked Peter. ⁴¹ "Watch and pray so that you will not fall into temptation.

The spirit is willing, but the flesh is weak."

⁴² He went away a second time and prayed, "My Father, if it is not possible for this cup to be taken away unless I drink it, may your will be done."

⁴³ When he came back, he again found them sleeping, because their eyes were heavy.

⁴⁴ So he left them and went away once more and prayed the third time, saying the same thing.

⁴⁵ Then he returned to the disciples and said to them, "Are you still sleeping and resting? Look, the hour has come, and the Son of Man is delivered into the hands of sinners.

⁴⁶ Rise! Let us go! Here comes my betrayer!"

Matthew 26:36-46

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Hebrews 12:1-3

What did you see, feel and learn as you put yourself in the story of Jesus and meditated on the previous Scripture?

Before you complete this week's lesson on obedience, watch the six minute Bible Project video at Youtube.com on The Law (search "the bible project the law" at youtube.com). Record your questions and reflections here.

Obey God

Jesus was honest with the Father that he would prefer not to go to the cross. What act of obedience do you find yourself resistant to? Talk with God about it. Listen for his will. What is asking you to do in obedience today?

Week Four | Obey God | Exodus 20

Notes Page: Use these pages to take notes on the talk, *Obey God*.

Find this talk at womensbiblestudyLA.com/resources or on YouTube (Women's Bible Study LA).

DIG IN WITH YOUR GROUP

What surprised you about obedience and the Ten Commandments (Day 1)?

What did you hear in the talk that challenged you?

Share a time this week when you obeyed God—how did it feel? Was it hard? Easy?

Pray for one another based on what was shared.

Week Five | Worship God | Exodus 32-34

Day **1**

The Lesson from the Wilderness: Worship God

The first two commands from God in Exodus 20 were: “You shall have no other God before Me” and “You shall not make for yourself an image in any form . . . You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God.” God reiterated these commands in verse 23, “do not make for yourselves gods of silver or gods of gold”. After Moses shared the commandments with the people he went back to meet with God while the people remained at a distance because they were afraid. While Moses was with God the people grew impatient and very quickly broke the first two commandments. Read Exodus 32 and answer the following questions:

What did Israel choose to worship while Moses was with God (Exodus 32:2-6)?

Why did they ask for gods to be made (Ex. 32:1)?

What was God’s response to Israel’s man-made worship (Ex. 32:7-10)?

How did Moses respond to God (Ex. 32:11-14) and then to the Israelites (Ex. 32:15-35)?

What was Aaron’s response (Ex. 32:22-25)?

When are you tempted to be like Israel and worship other gods (for most of us this is not a golden calf but more likely a relationship, financial security, control, etc.)?

Worship God

Name the idols you are tempted to worship above the one true God of the Bible. Ask God to help you put them in their proper place (many of these things might be good, but you are making them ultimate, meaning you must have them for a sense of safety or control or self-worth). Use the following passage to direct your worship of God.

⁴For great is the LORD and most worthy of praise;
he is to be feared above all gods.

⁵For all the gods of the nations are idols,
but the LORD made the heavens.

⁶Splendor and majesty are before him;
strength and glory are in his sanctuary.

Psalm 96:4-6



God, Show Me Who You Are

After the debacle with the golden calf, Moses continues to contend for Israel and to seek deeper intimacy with God. Read Exodus 33 and put yourself in the story. What are you feeling? What do you learn about God? What causes you to worship?

Worship God

Sit in a quiet and comfortable place. As you meditate upon the following passage, ask God to show you his glory (his weightiness and worth). Worship him.

¹Then I saw “a new heaven and a new earth,” for the first heaven and the first earth had passed away, and there was no longer any sea. ²I saw the Holy City, the new Jerusalem, coming down out of heaven from God, prepared as a bride beautifully dressed for her husband. ³And I heard a loud voice from the throne saying, “Look! God’s dwelling place is now among the people, and he will dwell with them.

They will be his people, and God himself will be with them and be their God.

⁴‘He will wipe every tear from their eyes. There will be no more death’ or mourning or crying or pain, for the old order of things has passed away.”

⁵He who was seated on the throne said, “I am making everything new!”

Then he said, “Write this down, for these words are trustworthy and true.”

...²²I did not see a temple in the city, because the Lord God Almighty and the Lamb are its temple.

²³The city does not need the sun or the moon to shine on it, for the glory of God gives it light, and the Lamb is its lamp.

Revelation 21:1-5, 22-23



God, Keep Showing Me Who You Are

After God passed before Moses (hiding him in the rock) he continues to speak to Moses. Read Exodus 34 and record all that you learn and experience of God and of Moses.

God	Moses

Worship God

Put yourself in this scene and worship God with all of your heart, mind and soul.

⁵ Then the LORD came down in the cloud and stood there with him and proclaimed his name, the LORD. ⁶ And he passed in front of Moses, proclaiming, "The LORD, the LORD, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, ⁷ maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the parents to the third and fourth generation."

⁸ Moses bowed to the ground at once and worshiped. ⁹ "Lord," he said, "if I have found favor in your eyes, then let the Lord go with us. Although this is a stiff-necked people, forgive our wickedness and our sin, and take us as your inheritance." ¹⁰ Then the LORD said: "I am making a covenant with you. Before all your people I will do wonders never before done in any nation in all the world. The people you live among will see how awesome is the work that I, the LORD, will do for you."

Exodus 34:5-9



Finding Our Way Home to Jesus

Before the incident with the golden calf, Moses hears God's instruction for building the tabernacle (their place of worship) and clothing the priests (Exodus 25-30). We'll get even more detail on the tabernacle and the priests in Exodus 35-40. There are a lot of words given to the place of worship and the priests who serve this place. The importance of the tabernacle and the priests cannot be understated. Here is helpful information to consider and meditate upon:

From the ESV Study Bible Notes

First, the tabernacle is seen as **a tented palace for Israel's divine king**. He is enthroned on the ark of the covenant in the innermost Holy of Holies (the Most Holy Place). His royalty is symbolized by the purple of the curtains and his divinity by the blue. The closer items are to the Holy of Holies, the more valuable are the metals by which they are made (bronze to silver to gold).

The other symbolic dimension is Eden. The tabernacle, like the garden of Eden, is where God dwells, and various details of the tabernacle suggest it is **a mini-Eden**. These parallels include the east-facing entrance guarded by cherubim, the gold, the tree of life (lampstand), and the tree of knowledge (the law). Thus God's dwelling in the tabernacle was a step toward the restoration of paradise, which is to be completed in the new heaven and earth (Revelation 21-22).

From Douglas Stuart's Commentary on Exodus

The tabernacle represented **Yahweh's house** among the Israelites – he would soon encamp in his large house in their midst, and they would encamp around his house according to their tribes in concentric circles (Num 2).

He himself was symbolically represented as dwelling in the "back room" of his house by means of the ark.

In the tabernacle's "front room" were several pieces of furniture, the sorts of things that represented the furniture of a home, though on a grander scale. The first of these pieces of household-style furniture to

be described is the table. It was primarily for food—a dining table of sorts, symbolizing the fact that Yahweh really did live among his people and inhabit his house in much the same way that they inhabited theirs.

From Justin Taylor and Tim Chester on the tabernacle pointing us to Jesus

And as the storyline of redemptive history progresses, we see that Jesus is the ultimate fulfillment of these shadows:

Jesus is the true tabernacle.

John 1:14 tells us that “the Word became flesh and *dwelt* [Gk. σκηνώω] among us,” and the Greek translation of “*tent of meeting*” is σκηνή μαρτυρίου (Ex. 33:7). In other words, when Jesus became the God-man he “tabernacled” among us. (And of course Jesus spoke about “the temple of his body” [John 2:19, 21], and Paul taught that because we are united to the risen Messiah “we are the temple of the living God” [2 Cor. 6:16].)

Jesus’ body is the curtain ripped in two that brings us to the holy presence of God.

“Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus, by the new and living way that he opened for us through *the curtain*, that is, through *his flesh*...” (Heb. 10:19-20). (See also Matthew 27:51: “the curtain of the temple was torn in two, from top to bottom.”)

Jesus is the great high priest over the house of God.

“... and since we have *a great priest over the house of God*, let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water.” (Heb. 10:21-22)

Jesus is the full and final sacrifice.

“Behold, the Lamb of God, who takes away the sin of the world!” (John 1:29). “... We have been sanctified through the offering of the body of Jesus Christ once for all. . . . Christ had offered for all time a single sacrifice for sins . . . By a single offering he has perfected for all time those who are being sanctified.” (Heb. 10:10, 12, 14)

Jesus is the true ark.

He is the person or place where we live under the reign of God. He is the King through whom God reigns.

Jesus is the true bread.

He is the bread through whom we eat in the presence of God. He said, “I am the bread of life. Whoever comes to me will never go hungry” (John 6:35).

Jesus is the true lamp.

He is the light of God in whom we walk. He said, “I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life” (John 8:12; see also John 1:4).

Worship God

Jesus is the true tabernacle. We go to a place of worship (church) to meet the person we worship (Jesus). Look back over your reading today and record three things you love about Jesus. Then, **PAUSE**, and worship him alone.

- 1.
- 2.
- 3.

**Set Free by Jesus**

Slowly read through Hebrews 9. Record what it reveals about Jesus and how he has set you free. Then read the passages below and answer the questions that follow.

³Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, ⁴and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, ⁵who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time.

⁶In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. ⁷These have come so that the proven genuineness of your faith – of greater worth than gold,

which perishes even though refined by fire – may result in praise, glory and honor when Jesus Christ is revealed. ⁸ Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, ⁹ for you are receiving the end result of your faith, the salvation of your souls.

1 Peter 1:3-9

¹ Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, ² through whom we have gained access by faith into this grace in which we now stand.

And we boast in the hope of the glory of God. ³ Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; ⁴ perseverance, character; and character, hope.

⁵ And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. ⁶ You see, at just the right time, when we were still powerless, Christ died for the ungodly. ⁷ Very rarely will anyone die for a righteous person, though for a good person someone might possibly dare to die. ⁸ But God demonstrates his own love for us in this:

While we were still sinners, Christ died for us.

Romans 5:1-8

How do these verses give you hope?

How do these verses challenge you?

How do these verses increase your affection for Jesus?

Worship God

Worship is not just signing, praising and thanking — it is living (Romans 12:1-2). How will you live your worship today in light of Hebrews 9, 1 Peter 1:3-9 and Romans 5:1-8?

Week Five | Worship God | Exodus 32-34

Notes Page: Use these pages to take notes on the talk, *Worship God*.

Find this talk at womensbiblestudyLA.com/resources or on YouTube (Women's Bible Study LA).

DIG IN WITH YOUR GROUP

What idols do you find yourself worshiping in place of God?

What keeps you from worshiping God?

How did you worship God this week? What struck you about your time in worship?

Pray for one another according to what you heard shared.

Week Six | Be Humble | Deuteronomy 8

Day **1**

The Lesson from the Wilderness: Be Humble

The Bible says Moses was “a very humble man, more humble than anyone else on the face of the earth” (Numbers 12:3). He learned humility leading Israel through the wilderness. This is one of the lessons he shares in his sermon in Deuteronomy 8. **PAUSE.** Slowly read through Deuteronomy 8 and record what you see in this chapter.

According to Deuteronomy 8, what did Israel learn in the wilderness?

What do you learn about God in Deuteronomy 8?

Be Humble

Record what this passage says about humility. How can you be humble today in your work and relationships?



Humility as Dependence

Re-read Deuteronomy 8 and look for the picture it gives of humility displayed in dependence upon God.

How did Israel depend upon God in the wilderness?

When is it most difficult for you to depend upon God? Why?

Humility, the place of entire dependence on God, is from the very nature of things, the first duty and the highest virtue of humankind. It is the root of every virtue. And so pride, or the loss of humility, is the root of every sin and evil.

Andrew Murray, *Humility*

Be Humble

How will you depend upon God today and express humility in your dependence?

Day **3**

Be Humble

Consider the following passages on humility and record your observations about them in the margins. What do they say about humility? How can you be humble?

¹²Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. ¹³Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. ¹⁴And over all these virtues put on love, which binds them all together in perfect unity.

Colossians 3:12-14

¹As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. ²Be completely humble and gentle; be patient, bearing with one another in love. ³Make every effort to keep the unity of the Spirit through the bond of peace.

Ephesians 4:1-3

¹⁰Humble yourselves before the Lord, and he will lift you up.

James 4:10

⁸He has shown you, O mortal, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God.

Micah 6:8

²When pride comes, then comes disgrace, but with humility comes wisdom. . . ¹⁵The way of fools seems right to them, but the wise listen to advice . . . ¹Do not boast about tomorrow, for you do not know what a day may bring. ²Let someone else praise you, and not your own mouth . . .

Proverbs 11:2, 12:15, 27:1-2

³For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the faith God has distributed to each of you . . . ¹⁶Live in harmony with one another. Do not be proud, but be willing to associate with people of low position. Do not be conceited.

Romans 12:3, 16

¹¹[Jesus said:] The greatest among you will be your servant.

¹²For those who exalt themselves will be humbled, and those who humble themselves will be exalted.

Matthew 23:11-12

³Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, ⁴not looking to your own interests but each of you to the interests of the others.

Philippians 2:3-4

Be Humble

Reflect back on your reading and choose one way to be humble today. **PAUSE.** Ask God to speak to you. What will your act of humility be and what will it look like in your relationship with God and others?



The Grace that Leads to Humility

Self-condemnation and self-pity are not the path of humility. Grace, grace and more grace makes us humble. Humility is not something we can put on or perform—it comes from an encounter with the utterly confounding grace of God.

It is not sin that humbles us most, but grace. It is the soul, led through its sinfulness to be occupied with God in his wonderful glory as God creator and redeemer, that will truly take the lowest place before him.

Andrew Murray

Humility is not thinking less of yourself, it's thinking of yourself less.

Rick Warren

Read and meditate upon Ephesians 2:1-10. **PAUSE.** Receive God's grace given to you. How does his grace produce humility in you today?

Be Humble

Use this prayer by Ted Loder to draw you near to God and as a pathway to humility.

Gracious and Holy One,
Creator of all things
and of emptiness,
I come to you

full of much that clutters and distracts,
stifles and burdens me,
and makes me a burden to others.

Empty me now
of gnawing dissatisfactions,
of anxious imaginings,
of fretful preoccupations,
of nagging prejudices
of old scores to settle,
And of the arrogance of being right.

Empty me
of the ways I unthinkingly think of myself
as powerless, as a victim,

as determined by sex, age, race,
as being less than I am,
or as other than yours.

Empty me
of the disguises and lies
in which I hide myself from other people
and from my responsibility
for my neighbors and for the world.

Hollow out in me a space
in which I will find myself,
find peace and a whole heart,
a forgiving spirit and holiness,
the springs of laughter,
and the will to reach boldly
for abundant life for myself
and the whole human family.



Jesus

The humility of Jesus is staggering. If anyone could boast or have pride, it would be Jesus, who is God. But Jesus chose the path of humility, being born into poverty with no room for a proper birth. He left glory for incarnation — becoming like us but without sin. Jesus chose to empty himself, to lower himself. **PAUSE.** Slowly read and meditate upon Philippians 2 and Matthew 26:36-39 and make them the context for your prayers today.

⁵ In your relationships with one another, have the same mindset as Christ Jesus:

⁶ Who, being in very nature God,

did not consider equality with God something to be used to his own advantage;

⁷ rather, he made himself nothing

by taking the very nature of a servant,

being made in human likeness.

⁸ And being found in appearance as a man,

he humbled himself

by becoming obedient to death —

even death on a cross!

⁹ Therefore God exalted him to the highest place
and gave him the name that is above every name,

¹⁰ that at the name of Jesus every knee should bow,

in heaven and on earth and under the earth,
and every tongue acknowledge that Jesus Christ is Lord,
to the glory of God the Father.

Philippians 2:5-11

³⁶ Then Jesus went with his disciples to a place called Gethsemane, and he said to them,
“Sit here while I go over there and pray.” ³⁷ He took Peter and the two sons of Zebedee
along with him, and he began to be sorrowful and troubled. ³⁸ Then he said to them,
“My soul is overwhelmed with sorrow to the point of death. Stay here and keep watch with me.” ³⁹ Going a
little farther, he fell with his face to the ground and prayed, “My Father,
if it is possible, may this cup be taken from me. Yet not as I will, but as you will.”

Matthew 26:36-39

Record a prayer based on the your Scripture meditation.

Be Humble

Slow down. Meditate upon the Scripture above. Ask God where he is inviting you to be humble. Listen. Don't rush. Wait. What nudges or impressions are you receiving as you sit with God? Remember God will never contradict Scripture when he speaks to you. What is he saying? What will you do?

Week Six | Be Humble | Deuteronomy 8

Notes Page: Use these pages to take notes on the talk, *Be Humble*.

Find this talk at womensbiblestudyLA.com/resources or on YouTube (Women's Bible Study LA).

DIG IN WITH YOUR GROUP

What challenged you in the talk?

How do you see humility differently in light of this week's study?

In what area of your life do you sense Jesus calling you to a new humility?

Share one of the days of your humility experiments.

Week Seven | Practice Sabbath | Exodus 20:8-11, 31:12-17



The Lesson from the Wilderness: Practice Sabbath

In the Wilderness, God commanded Israel to “remember the Sabbath day by keeping it holy.” Read the following passages and, in the margins, record what they reveal about the Sabbath.

³¹ God saw all that he had made, and it was very good. And there was evening, and there was morning – the sixth day. ¹ Thus the heavens and the earth were completed in all their vast array.

² By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. ³ Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Genesis 1:31-2:3

⁸ Remember the Sabbath day by keeping it holy. ⁹ Six days you shall labor and do all your work, ¹⁰ but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. ¹¹ For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

Exodus 20:8-11

¹² Then the LORD said to Moses, ¹³ “Say to the Israelites, ‘You must observe my Sabbaths. This will be a sign between me and you for the generations to come, so you may know that I am the LORD, who makes you holy.

¹⁴ “Observe the Sabbath, because it is holy to you. Anyone who desecrates it is to be put to death; those who do any work on that day must be cut off from their people. ¹⁵ For six days work is to be done, but the seventh day is a day of sabbath rest, holy to the LORD. Whoever does any work on the Sabbath day is to be put to death. ¹⁶ The Israelites are to observe the Sabbath, celebrating it for the generations to come as a lasting covenant. ¹⁷ It will be a sign between me and the Israelites forever, for in six days the LORD made the heavens and the earth, and on the seventh day he rested and was refreshed.”

Exodus 31:12-17

“How much more valuable is a person than a sheep! Therefore it is lawful to do good on the Sabbath.”

Matthew 12:12

²³ One Sabbath Jesus was going through the grainfields, and as his disciples walked along, they began to pick some heads of grain. ²⁴ The Pharisees said to him, "Look, why are they doing what is unlawful on the Sabbath?" ²⁵ He answered, "Have you never read what David did when he and his companions were hungry and in need? ²⁶ In the days of Abiathar the high priest, he entered the house of God and ate the consecrated bread, which is lawful only for priests to eat. And he also gave some to his companions." ²⁷ Then he said to them, "The Sabbath was made for man, not man for the Sabbath. ²⁸ So the Son of Man is Lord even of the Sabbath."

Mark 2:23-28

¹⁶ Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day.

¹⁷ These are a shadow of the things that were to come; the reality, however, is found in Christ.

Colossians 2:16-17

⁹ There remains, then, a Sabbath-rest for the people of God; ¹⁰ for anyone who enters God's rest also rests from their works, just as God did from his.

Hebrews 4:9

How would you sum up what you learned about the Sabbath in these passages? How do you define Sabbath?

Practice Sabbath

After meditating upon the passages above sit quietly. **PAUSE.** Ask God to speak to you about Sabbath. Would he like you to take a Sabbath this week? If so, when will you do this? What will it look like?

Day **2**

Sabbath as Life with God

In Egypt, Israel had no Sabbath. In Egypt there was only work (you can read back through Exodus 5 for the drudgery and demands of work in Egypt). So, when God makes Sabbath a command for this new nation it was not a burden but a grace. Walter Brueggemann in his short, yet deeply profound book, *Sabbath as Resistance: Saying No to the Culture of Now*, sees the commands in the context of the exodus, Israel's freedom and the character of God. He says:

The Sabbath commandment is drawn into the exodus narrative, for the God who rests is the God who emancipates (frees) from slavery and consequently from the work system of Egypt and from the gods of Egypt who require work . . . The Sabbath rest of God is the acknowledgment that God and God's people are not commodities to be dispatched for endless production . . .

The divine rest on the seventh day of creation (Genesis 2:1-4) has made clear (a) that YHWH (God) is not a workaholic, (b) that YHWH is not anxious about the full functioning of creation, and that the well-being of creation does not depend on endless work. . . . YHWH is a Sabbath-keeping God, which fact ensures that restfulness and not restlessness is at the center of life. YHWH is a Sabbath-giving God and a Sabbath-commanding God . . . Sabbath becomes a decisive, concrete, visible way of opting for and aligning with the God of rest.

Walter Brueggemann

How would you describe your current practice of Sabbath? There is no shame if it is non-existent. We just want to explore the whys and the hows.

What keeps you from Sabbath?

If you were to take a regular Sabbath in this season of your life (parenting, traveling a lot for work, caring for an aging parent, empty-nester, retired, etc.) what could you imagine it looking like? Would it be a full day? A half-day? A few hours? An hour?

Practice Sabbath

Sit with God. Ask him to speak to you about Sabbath and the rhythms of your life. Write three things that keep you from Sabbath and three things that would help you take some form of God-directed Sabbath this week or in the weeks to come. Remember, Sabbath is not a duty to perform but a grace to receive.

These Keep Me From Sabbath

- 1.
- 2.
- 3.

These Would Help Me Sabbath

- 1.
- 2.
- 3.



Sabbath is Rest

To Sabbath is to rest.

A Sabbath rest still remains for the people of God.
Let us therefore make every effort to enter that rest.

Hebrews 4:9,11

Author and Christian Spiritual Director, Ruth Haley Barton says this about Sabbath:

The point of the Sabbath was (and still is) to honor the body's need for rest, the spirit's need for replenishment and the soul's need to delight itself in God for God's own sake. It begins with the willingness to acknowledge the limits of our humanness, taking steps to live more graciously within the order of things – and the first order of things is that we are creatures and God is the creator. God is the only one who is infinite. I am finite which means that I live within the physical limits of time and space and the bodily limits of strength and energy. There are limits to my capacities relationally, emotionally, mentally and spiritually. I am not God. God is the one who can be all things to all people. God is the one who can be two places at once. God is the one who never sleeps. I am not.

This is pretty basic stuff but many of us live as though we don't know it. If we dig down a little deeper we might see that our unwillingness to practice Sabbath is really our unwillingness to live within the limits of our humanity and honor our finiteness. We cling to some sense that we are indispensable and that the world cannot go on without us even for a day. Or we feel that there are certain tasks and activities that are more significant than the delights that God is wanting to share with us. This is a grandiosity that we indulge in to our own peril. If we are willing to move beyond such grandiosity, we too can create a sanctuary in time that is set apart for the holy purpose of regularly resting ourselves in God.

Ruth Haley Barton

Practice Sabbath

PAUSE. Ask God to help you. Listen for his voice in Scripture and the nudges of the Holy Spirit. How can you use Sabbath to . . .

1. Rest your body—

2. Replenish your spirit—

3. Restore your soul—



Sabbath Eliminates Hurry

I love this story from pastor and author John Ortberg:

Not long after moving to Chicago, I called a wise friend to ask for some spiritual direction. I described the pace of life in my current ministry. The church where I serve tends to move at a fast clip. I also told him about our rhythms of family life: we are in the van-driving, soccer-league, piano-lesson, school-orientation-night years. I told him about the present condition of my heart, as best I could discern it. What did I need to do, I asked him, to be spiritually healthy?

Long pause.

"You must ruthlessly eliminate hurry from your life," he said at last.

Another long pause.

"Okay, I've written that one down," I told him, a little impatiently. "That's a good one. Now what else is there?" I had many things to do, and this was a long-distance call, so I was anxious to cram as many units of spiritual wisdom into the least amount of time possible.

Another long pause.

"There is nothing else," he said. "You must ruthlessly eliminate hurry from your life."

Sit with this story and consider the pace of your life. Is God inviting you to a new pace? A different pace? What would it look like today to "ruthlessly eliminate hurry from your life"?

Practice Sabbath

Meditate upon Psalm 23 and record what God is saying to you about Sabbath.

¹The Lord is my shepherd, I lack nothing.

²He makes me lie down in green pastures,
he leads me beside quiet waters,

³he refreshes my soul.

He guides me along the right paths
for his name's sake.

⁴Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.

⁵You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.

⁶Surely your goodness and love will follow me
all the days of my life,
and I will dwell in the house of the Lord
forever.



Sabbath and Anxiety

I am a hurried and anxious person. But Sabbath invites me to eliminate hurry *and* anxiety. Sabbath is an invitation of faith — to rest in and with God, to trust his control of all things. If I say (which I often do) that I am too busy to rest, too busy to Sabbath I am saying everything is dependent upon me. No wonder I am anxious! Jesus paints a couple pictures that invite us to ruthlessly eliminate our anxiety as well as our hurry. **PAUSE.** Meditate. Listen to God speak directly to you through these words of Jesus.

²⁵“Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them.

Are you not much more valuable than they?

²⁷Can any one of you by worrying add a single hour to your life?

²⁸“And why do you worry about clothes? See how the flowers of the field grow.

They do not labor or spin. ²⁹Yet I tell you that not even Solomon in all his splendor was dressed like one of these. ³⁰If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you — you of little faith? ³¹So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ³²For the pagans run after all these things, and your heavenly Father knows that you need them. ³³But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

Matthew 6:25-34

²⁸“Come to me, all you who are weary and burdened, and I will give you rest.

²⁹Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy and my burden is light.”

Matthew 11:28-30

Jesus paints a picture with his words. Take a moment and paint (draw) what you heard Jesus speak to you. If you are not one to draw, try stretching yourself. Use stick figures!

Practice Sabbath

Commit to practicing some form of God-directed Sabbath once a month for three months. Record the dates here and in your calendar. What will these Sabbath days (or moments) look like? If you are married with children, ask your spouse to help you create this space (committing to do the same for them).

Week Seven | Practice Sabbath | Exodus 20:8-11, 31:12-17

Notes Page: Use these pages to take notes on the talk, *Practice Sabbath*.

Find this talk at womensbiblestudyLA.com/resources or on YouTube (Women's Bible Study LA).

DIG IN WITH YOUR GROUP

Share what you felt called to in the talk.

On a scale of 1-10, how easy is it for you to Sabbath? Why or why not?

What activities are restful for you that could help you Sabbath?

Share your picture from Day 5.

Week Eight | Live Facedown | Numbers 14, 16



The Lesson from the Wilderness: Live Facedown

When Moses faced criticism and challenges he “fell facedown”. It was a posture of humility and dependence on God. It was a posture of prayer. It’s hard to account for all the times Moses prayed because every time he spoke to God it was a prayer. Before considering the Scripture, **PAUSE** and reflect upon the following questions.

List at least four times you have faced criticism or challenges and how you responded. Be honest. Common responses when we are hurt include: blame, anger, withdrawal, attacking back (you hurt me, I’ll hurt you), defensiveness, withholding forgiveness, gossip/slander of the one who hurt us, etc.

If you tend to respond in blame, anger, withdrawal, personal attack, withholding forgiveness, etc. – why? What has informed and shaped your response? Circle the following that apply and add your own words as well. The record your current challenges and responses

- Fear It’s how my family responds to these type of things
- They deserved it Envy Woundedness (I was hurt)
- They needed to know how I felt They deserved it Need for control

Current Criticism/Challenges	My Response

Live Facedown
 Living Facedown is a posture of prayer and humility. Consider your responses above and literally get facedown on your floor or in your closet. Pray blessing for those who have wounded you (this is not excusing them or enabling them, it is simply freeing yourself of the pain cycle by asking God to bless them). Then, pray for God to help you, comfort you, encourage you and bless you. Ask for his blessing on you today.



Facedown in Response to Grumbling and Criticism

Read Numbers 14 and look for the responses of the Israelites, Moses, Joshua and God, then answer the questions below.

What was the grumbling and criticism Moses heard from the Israelites (Num. 14:1-4, 10)?

How did Moses respond to the grumbling and criticism? Describe his conversation (prayer) with God.

How did God respond? (Note: it appears God experienced the grumbling against Moses as grumbling against him –Num. 14:11). What delights you and disturbs you about God?

Live Facedown

Moses interceded for the Israelites even when they wanted to abandon him and stone him. Pray blessing for all the difficult people in your life today. Who can you speak a blessing to today (be sure it is sincere and not loaded with pain or sarcasm. Maybe start with blessing someone easy to bless)?

**Facedown and Atonement**

Numbers 16 is a long and disturbing chapter, but in it we again see Moses going facedown. Read through the passage and highlight the times Moses goes facedown. What surprises you? What disturbs you?

How could you be more like Moses in difficult situations?

The story leads to Aaron making atonement for the people in Numbers 16:46-50 (Stop and re-read this section). This is an event that points to Jesus. Go to the Bibleproject.com and watch the video on Sacrifice and Atonement (<https://thebibleproject.com/explore/sacrifice-atonement/>) and record your observations.

²¹But now apart from the law the righteousness of God has been made known, to which the Law and the Prophets testify. ²²This righteousness is given through faith in Jesus Christ to all who believe. There is no difference between Jew and Gentile, ²³for all have sinned and fall short of the glory of God, ²⁴and all are justified freely by his grace through the redemption that came by Christ Jesus. ²⁵God presented Christ as a sacrifice of atonement, through the shedding of his blood – to be received by faith. He did this to demonstrate his righteousness, because in his forbearance he had left the sins committed beforehand unpunished – ²⁶he did it to demonstrate his righteousness at the present time, so as to be just and the one who justifies those who have faith in Jesus.

Romans 3:21-26

Live Facedown

PAUSE. Meditate on the passage above. We are dependent upon the atoning sacrifice of Jesus for our salvation and relationship with God. If possible, find a safe place to actually be “facedown” before God (in your closet, on your living room floor, etc.) and pour out your neediness and gratefulness for all Jesus has done for you.



Facedown to Pray

Exodus, Numbers and Deuteronomy all contain the ongoing prayer life of Moses. To pray is to meet with God in conversation and this is what Moses did repeatedly.

How and when do you meet with God in conversation (prayer)?

How do you tend to listen for God’s voice? How does he speak to you through Scripture, nudges, etc.? How do you test his voice to be sure it is him?

Consider the prayer life of Jesus in the following passages and record your observations in the margins.

Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

Mark 1:35

But Jesus often withdrew to lonely places and prayed.

Luke 5:16

And being in anguish, he prayed more earnestly, and his sweat was like drops of blood falling to the ground.

Luke 22:44

¹⁹ Jesus gave them this answer: "Very truly I tell you, the Son can do nothing by himself; he can do only what he sees his Father doing, because whatever the Father does the Son also does. ²⁰ For the Father loves the Son and shows him all he does. Yes, and he will show him even greater works than these, so that you will be amazed.

John 5:19-20

²⁷ They did not understand that he was telling them about his Father.

²⁸ So Jesus said, "When you have lifted up the Son of Man, then you will know that I am he and that I do nothing on my own but speak just what the Father has taught me. ²⁹ The one who sent me is with me; he has not left me alone, for I always do what pleases him."

John 8:27-29

Live Facedown

Get in a posture (physically and spiritually) of being facedown (humble, surrendered, needy) before God. Tell him you want to learn from him and, like Jesus, you only want to do what he tells you to do, and you only want to say what he tells you to say. Then ask him what he wants you to do and/or say in some specific situations today or this week. What do you hear?

Day 5

Facedown as Humility and Dependence

At times Moses goes facedown to put himself in a posture to depend upon God and not respond to the criticism or grumbling aimed at him by others. For instance, the Israelites grumble against Moses and Aaron and want a new leader. "Then Moses and Aaron fell facedown" (Numbers 14:5). They don't address the complaints, they don't defend themselves, they just get in a posture of humility and dependence. Sometimes (not always) it is best to say nothing and get facedown before God. Consider these Scriptures and record your observations in the margins.

¹⁹ My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, ²⁰ because human anger does not produce the righteousness that God desires.

James 1:19-20

⁴ Do not answer a fool according to his folly, or you yourself will be just like him.

Proverbs 26:4

²⁷ The one who has knowledge uses words with restraint,
and whoever has understanding is even-tempered

²⁸ Even fools are thought wise if they keep silent,
and discerning if they hold their tongues.

Proverbs 17:27-28

¹⁰ We are fools for Christ, but you are so wise in Christ! We are weak, but you are strong! You are honored, we are dishonored!

¹¹ To this very hour we go hungry and thirsty, we are in rags, we are brutally treated, we are homeless. ¹² We work hard with our own hands. When we are cursed, we bless; when we are persecuted, we endure it; ¹³ when we are slandered, we answer kindly. We have become the scum of the earth, the garbage of the world – right up to this moment.

1 Corinthians 4:10-13

³⁴ [As Jesus hung on the cross he prayed], “Father, forgive them, for they do not know what they are doing.”

Luke 23:34

⁴ Love is patient, love is kind. It does not envy, it does not boast, it is not proud. ⁵ It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. ⁶ Love does not delight in evil but rejoices with the truth. ⁷ It always protects, always trusts, always hopes, always perseveres.

1 Corinthians 13:4-7

Live Facedown

PAUSE. Look back over the passages above. Get facedown. What is God inviting you to do in light of his word?

Week Eight | Live Facedown | Numbers 14, 16

Notes Page: Use these pages to take notes on the talk, *Live Facedown*.

Find this talk at womensbiblestudyLA.com/resources or on YouTube (Women's Bible Study LA).

DIG IN WITH YOUR GROUP

Share your takeaway from the talk.

How do you tend to respond to criticism? Why?

Describe a situation in which you currently need to go facedown. Pray for each person after they share.

Week Nine | Walk by Faith | Hebrews 11



The Lesson from the Wilderness: Walk by Faith

Moses gets a lot props in Hebrews 11 for his faith. Today we will look at what faith is. Tomorrow we'll consider how Moses demonstrated faith and what this means for us as we follow Jesus.

³⁹But we do not belong to those who shrink back and are destroyed,
but to those who have faith and are saved.

¹Now faith is confidence in what we hope for and assurance about what we do not see.

²This is what the ancients were commended for. ³By faith we understand that the universe was formed at God's command, so that what is seen was not made out of what was visible . . .

⁶And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him.

Hebrews 10:39-11:3, 6

What is faith according to this passage?

How have you lived by faith in the past and the present?

Walk By Faith

What is one area you can choose to live by faith in today? _____.

³Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, ⁴and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, ⁵who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time. ⁶In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. ⁷These have come so that the proven genuineness of your faith – of greater worth than gold, which perishes even though refined by fire – may result in praise, glory and honor when Jesus Christ is revealed. ⁸Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, ⁹for you are receiving the end result of your faith, the salvation of your souls.

1 Peter 1:3-9

Day 2

Faith Lived Out

Read Hebrews 11:23-29 and, in the margins, record what you learn about the faith.

²³ By faith Moses' parents hid him for three months after he was born, because they saw he was no ordinary child, and they were not afraid of the king's edict.

²⁴ By faith Moses, when he had grown up, refused to be known as the son of Pharaoh's daughter. ²⁵ He chose to be mistreated along with the people of God rather than to enjoy the fleeting pleasures of sin.

²⁶ He regarded disgrace for the sake of Christ as of greater value than the treasures of Egypt, because he was looking ahead to his reward.

²⁷ By faith he left Egypt, not fearing the king's anger; he persevered because he saw him who is invisible. ²⁸ By faith he kept the Passover and the application of blood, so that the destroyer of the firstborn would not touch the firstborn of Israel.

²⁹ By faith the people passed through the Red Sea as on dry land; but when the Egyptians tried to do so, they were drowned.

Hebrews 11:23-29

What most challenges you and encourages you about the faith of:

Moses' parents -

Moses -

The Israelites (v. 29) -

Walk By Faith

How can you apply what you learned through this reading to your life today? Is there a situation you face that requires courage? Forsaking something to draw near to Jesus? Leaving something behind? Following God into what feels like the Red Sea? Something else? **PAUSE.** Ask God to lead you. What will you do?

Day **3**

The Object of our Faith

Hebrews 11 ends with the author listing the ways many lived by faith. It's important to read this section along with Hebrews 12:1-3 to understand these people where not looking for pain or suffering, they were faithfully focused on Jesus, willing to follow wherever he led them. Read Hebrews 11:32-12:3 and record your observations in the margins.

³² And what more shall I say? I do not have time to tell about Gideon, Barak, Samson and Jephthah, about David and Samuel and the prophets, ³³ who through faith conquered kingdoms, administered justice, and gained what was promised; who shut the mouths of lions, ³⁴ quenched the fury of the flames, and escaped the edge of the sword; whose weakness was turned to strength; and who became powerful in battle and routed foreign armies. ³⁵ Women received back their dead, raised to life again. There were others who were tortured, refusing to be released so that they might gain an even better resurrection. ³⁶ Some faced jeers and flogging, and even chains and imprisonment. ³⁷ They were put to death by stoning; they were sawed in two; they were killed by the sword. They went about in sheepskins and goatskins, destitute, persecuted and mistreated – ³⁸ the world was not worthy of them. They wandered in deserts and mountains, living in caves and in holes in the ground. ³⁹ These were all commended for their faith, yet none of them received what had been promised, ⁴⁰ since God had planned something better for us so that only together with us would they be made perfect.

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God. ³ Consider him who endured such opposition from sinners, so that you will not grow weary and lose heart.

Hebrews 11:32-12:3

Walk By Faith

How will you live out Hebrews 12:1-3 today?



The Power of Faith

PAUSE. Meditate on these passages about faith, asking God to speak to you intimately and personally.

² Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds,

³ because you know that the testing of your faith produces perseverance.

⁴ Let perseverance finish its work so that you may be mature and complete, not lacking anything.

⁵ If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. ⁶ But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. ⁷ That person should not expect to receive anything from the Lord. ⁸ Such a person is double-minded and unstable in all they do . . .

¹² Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.

James 1:2-7, 12

¹⁷ Consequently, faith comes from hearing the message, and the message is heard through the word about Christ.

Romans 10:17

³ We ought always to thank God for you, brothers and sisters, and rightly so, because your faith is growing more and more, and the love all of you have for one another is increasing.

2 Thessalonians 1:3

⁸ For it is by grace you have been saved, through faith – and this is not from yourselves, it is the gift of God.

Ephesians 2:8

When have you had your faith tested? What did it feel like and what did you do?

Walk By Faith

Ask God to speak to you. How is he inviting you through his word to live by faith today?

Day **5**

Always Returning to the Object of our Faith

We must always return to the object of our faith. Faith is not a feeling we work up, it is trust placed in Jesus giving us courage to be who he says we are and live as he says to live.

So Christian faith is not a vague optimism or a general religious approach to life. It is believing and trusting in the God who made us and who has shown what he is like in Jesus of Nazareth. And what does that mean? First, it means that we know that God is a holy and almighty God: the life of Jesus leaves us no room for doubt about that. Second, it means he is a loving and merciful God: the death of Jesus leaves us no room for doubt about that. Third, it means he is a God who gives new life: the resurrection of Jesus leaves us no room for doubt about that. We cannot see God: Jesus has shown us what he is like. And what God requires of us is not (in the first instance) great faith.

When the disciples said to Jesus, "Lord, increase our faith," Jesus said that all they needed was faith like a grain of mustard seed. It is not great faith we need: it is faith in a great God . . . And this faith comes, like Abraham's, through hearing the promises of God, believing them and acting on them.

N.T. Wright

¹And so it was with me, brothers and sisters. When I came to you, I did not come with eloquence or human wisdom as I proclaimed to you the testimony about God. ²For I resolved to know nothing while I was with you except Jesus Christ and him crucified. ³I came to you in weakness with great fear and trembling. ⁴My message and my preaching were not with wise and persuasive words, but with a demonstration of the Spirit's power, ⁵so that your faith might not rest on human wisdom, but on God's power.

1 Corinthians 2:1-5

What is great to you about God? Consider all you've learned about him so far in this study.

Walk By Faith

Focus your attention on the greatness of God. Thank him for Jesus who is the author and finisher of your faith. Ask him to show you where he wants to increase your faith today. How will you live by faith today?

Week Nine | Walk by Faith | Hebrews 11

Notes Page: Use these pages to take notes on the talk, *Walk by Faith*.

Find this talk at womensbiblestudyLA.com/resources or on YouTube (Women's Bible Study LA).

DIG IN WITH YOUR GROUP

What encouraged you and what challenged you from the talk?

How has your understanding of faith changed this week?

Share one of your practices of walking by faith. What did you learn?

Name an area in your life where you desire faith. Pray for each person after they share.

Week Ten | Make Disciples | Joshua 1



The Lesson from the Wilderness: Make Disciples

Discipleship is the call of every Christ-follower. Some of Jesus' final words to his disciples were about discipleship:

¹⁶ Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. ¹⁷ When they saw him, they worshiped him; but some doubted. ¹⁸ Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. ¹⁹ Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Matthew 28:16-20

Discipleship is following Jesus and helping someone else follow Jesus. Moses did this with his aid, Joshua. Of course, they did not yet know the name of the coming Messiah (Jesus) but they knew God. Moses followed God and helped Joshua do the same. This "discipleship" happened in the context of relationship and modeling. Consider the following passages about Joshua and his relationship with Moses. Record your observations in the margins, noting what Joshua saw and heard as he did life with Moses.

²⁷ A young man ran and told Moses, "Eldad and Medad are prophesying in the camp." ²⁸ Joshua son of Nun, who had been Moses' aide since youth, spoke up and said, "Moses, my lord, stop them!" ²⁹ But Moses replied, "Are you jealous for my sake? I wish that all the LORD's people were prophets and that the LORD would put his Spirit on them!"

Numbers 11:27-29

¹³ Then Moses set out with Joshua his aide, and Moses went up on the mountain of God. ¹⁴ He said to the elders, "Wait here for us until we come back to you. Aaron and Hur are with you, and anyone involved in a dispute can go to them." ¹⁵ When Moses went up on the mountain, the cloud covered it, ¹⁶ and the glory of the LORD settled on Mount Sinai. For six days the cloud covered the mountain, and on the seventh day the LORD called to Moses from within the cloud. ¹⁷ To the Israelites the glory of the LORD looked like a consuming fire on top of the mountain. ¹⁸ Then Moses entered the cloud as he went on up the mountain. And he stayed on the mountain forty days and forty nights.

Exodus 24:13-18

⁷ Now Moses used to take a tent and pitch it outside the camp some distance away, calling it the "tent of meeting." Anyone inquiring of the LORD would go to the tent of meeting outside the camp. ⁸ And whenever Moses went out to the tent, all the people rose and stood at the entrances to their tents, watching Moses until he entered the

tent. ⁹ As Moses went into the tent, the pillar of cloud would come down and stay at the entrance, while the LORD spoke with Moses.

¹⁰ Whenever the people saw the pillar of cloud standing at the entrance to the tent, they all stood and worshiped, each at the entrance to their tent. ¹¹ The LORD would speak to Moses face to face, as one speaks to a friend. Then Moses would return to the camp, but his young aide Joshua son of Nun did not leave the tent.

Exodus 33:7-11

¹ The LORD said to Moses, ² “Send some men to explore the land of Canaan, which I am giving to the Israelites. From each ancestral tribe send one of its leaders.”

³ So at the LORD’s command Moses sent them out from the Desert of Paran. All of them were leaders of the Israelites . . . ⁸ from the tribe of Ephraim, Hoshea son of Nun . . . ¹⁶ These are the names of the men Moses sent to explore the land. (Moses gave Hoshea son of Nun the name Joshua.) ¹⁷ When Moses sent them to explore Canaan, he said, “Go up through the Negev and on into the hill country. ¹⁸ See what the land is like and whether the people who live there are strong or weak, few or many. ¹⁹ What kind of land do they live in? Is it good or bad? What kind of towns do they live in? Are they unwalled or fortified? ²⁰ How is the soil? Is it fertile or poor? Are there trees in it or not? Do your best to bring back some of the fruit of the land.” (It was the season for the first ripe grapes.)

²⁵ At the end of forty days they returned from exploring the land.

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

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

³¹ But the men who had gone up with him said, “We can’t attack those people; they are stronger than we are.” ³² And they spread among the Israelites a bad report about the land they had explored. They said, “The land we explored devours those living in it. All the people we saw there are of great size.

¹ That night all the members of the community raised their voices and wept aloud. ² All the Israelites grumbled against Moses and Aaron, and the whole assembly said to them, “If only we had died in Egypt! Or in this wilderness! ³ Why is the LORD bringing us to this land only to let us

fall by the sword? Our wives and children will be taken as plunder. Wouldn't it be better for us to go back to Egypt?" ⁴ And they said to each other, "We should choose a leader and go back to Egypt."
⁵ Then Moses and Aaron fell facedown in front of the whole Israelite assembly gathered there. ⁶ Joshua son of Nun and Caleb son of Jephunneh, who were among those who had explored the land, tore their clothes ⁷ and said to the entire Israelite assembly, "The land we passed through and explored is exceedingly good. ⁸ If the LORD is pleased with us, he will lead us into that land, a land flowing with milk and honey, and will give it to us. ⁹ Only do not rebel against the LORD. And do not be afraid of the people of the land, because we will devour them. Their protection is gone, but the LORD is with us. Do not be afraid of them."¹⁰ But the whole assembly talked about stoning them.

Numbers 13:1-3, 8, 16-20; 25-32; 14:1-10

¹⁵ Moses said to the LORD, ¹⁶ "May the LORD, the God who gives breath to all living things, appoint someone over this community ¹⁷ to go out and come in before them, one who will lead them out and bring them in, so the LORD's people will not be like sheep without a shepherd."

¹⁸ So the LORD said to Moses, "Take Joshua son of Nun, a man in whom is the spirit of leadership, and lay your hand on him. ¹⁹ Have him stand before Eleazar the priest and the entire assembly and commission him in their presence. ²⁰ Give him some of your authority so the whole Israelite community will obey him. ²¹ He is to stand before Eleazar the priest, who will obtain decisions for him by inquiring of the Urim before the LORD. At his command he and the entire community of the Israelites will go out, and at his command they will come in." ²² Moses did as the LORD commanded him. He took Joshua and had him stand before Eleazar the priest and the whole assembly. ²³ Then he laid his hands on him and commissioned him, as the LORD instructed through Moses.

Numbers 27:15-22

⁹ Now **Joshua** son of Nun was filled with the spirit of wisdom because Moses had laid his hands on him. So the Israelites listened to him and did what the Lord had commanded Moses.

Deuteronomy 34:9

Make Disciples

Moses and Joshua spent a lot of time together. They did big things, like going up a mountain to meet with God, but also did mundane things like walking together in the wilderness. Who can you be with this week doing mundane tasks? Before you end your time with them (of coffee, a meal or taking a walk) offer to pray a blessing for them ("Lord, I ask you to bless _____ with—courage, faith, joy, peace, etc.")



The Multiplication of Discipleship

Disciples make disciples (i.e. followers of Jesus, help others follow Jesus). Continue your observations of Joshua's relationship with Moses and how this set him up to lead in Joshua 1.

⁴⁴ Moses came with Joshua son of Nun and spoke all the words of this song in the hearing of the people. ⁴⁵ When Moses finished reciting all these words to all Israel, ⁴⁶ he said to them, "Take to heart all the words I have solemnly declared to you this day, so that you may command your children to obey carefully all the words of this law. ⁴⁷ They are not just idle words for you – they are your life. By them you will live long in the land you are crossing the Jordan to possess."

Deuteronomy 32:44-47

¹ After the death of Moses the servant of the LORD, the LORD said to Joshua son of Nun, Moses' aide: ² "Moses my servant is dead. Now then, you and all these people, get ready to cross the Jordan River into the land I am about to give to them – to the Israelites. ³ I will give you every place where you set your foot, as I promised Moses. ⁴ Your territory will extend from the desert to Lebanon, and from the great river, the Euphrates – all the Hittite country – to the Mediterranean Sea in the west. ⁵ No one will be able to stand against you all the days of your life. As I was with Moses, so I will be with you; I will never leave you nor forsake you. ⁶ Be strong and courageous, because you will lead these people to inherit the land I swore to their ancestors to give them. ⁷ "Be strong and very courageous. Be careful to obey all the law my servant Moses gave you; do not turn from it to the right or to the left, that you may be successful wherever you go. ⁸ Keep this Book of the Law always on your lips; meditate on it day and night, so that you may be careful to do everything written in it. Then you will be prosperous and successful. ⁹ Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."

¹⁰ So Joshua ordered the officers of the people: ¹¹ "Go through the camp and tell the people, 'Get your provisions ready. Three days from now you will cross the Jordan here to go in and take possession of the land the LORD your God is giving you for your own.'"

... ¹⁶ Then they answered Joshua, "Whatever you have commanded us we will do, and wherever you send us we will go. ¹⁷ Just as we fully obeyed Moses, so we will obey you. Only may the LORD your God be with you as he was with Moses. ¹⁸ Whoever rebels against your word and does not obey it, whatever you may command them, will be put to death. Only be strong and courageous!"

Joshua 1:1-11, 16-18

Make Disciples

There came a time when Joshua went from being the disciple to assuming leadership. How have you been “disciplined”? Who has helped you follow Jesus? If you have not had someone help you on your journey of faith, **PAUSE** and ask God to give you a discipler (a mentor in the faith). Who might this be?

If you have had people disciple you, it’s time for you to disciple someone as well. Maybe you are already doing this by leading a small group or meeting with someone individually and incorporating Scripture and prayer in your time. But, if you are not, **PAUSE** and ask Jesus who you could help follow him.

Day 3

Joining in God’s Mission

Disciples is joining in God’s mission. Joshua joined God’s mission of leading Israel into the promised land. Jesus’ disciples joined God’s mission of making more disciples. Read the following passages and answer the questions that follow.

¹Then Moses went out and spoke these words to all Israel: ²“I am now a hundred and twenty years old and I am no longer able to lead you. The LORD has said to me, ‘You shall not cross the Jordan.’ ³The LORD your God himself will cross over ahead of you. He will destroy these nations before you, and you will take possession of their land. Joshua also will cross over ahead of you, as the LORD said. ⁴And the LORD will do to them what he did to Sihon and Og, the kings of the Amorites, whom he destroyed along with their land. ⁵The LORD will deliver them to you, and you must do to them all that I have commanded you. ⁶Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you.”

⁷Then Moses summoned Joshua and said to him in the presence of all Israel, “Be strong and courageous, for you must go with this people into the land that the LORD swore to their ancestors to give them, and you must divide it among them as their inheritance. ⁸The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged.”

. . . ¹⁴The LORD said to Moses, “Now the day of your death is near. Call Joshua and present yourselves at the tent of meeting, where I will commission him.” So Moses and Joshua came and presented themselves at the tent of meeting. ¹⁵Then the LORD appeared at the tent in a pillar of cloud, and the cloud stood over the entrance to the tent.

Exodus 31:1-8, 14-15

How did Moses prepare Joshua to join God’s mission of leading Israel into the promised land?

What specific promise did Moses give Joshua in Exodus 31:8? **PAUSE.** Hear God speak these promises to you.

¹⁶ Then the eleven disciples went to Galilee, to the mountain where Jesus had told them to go. ¹⁷ When they saw him, they worshiped him; but some doubted. ¹⁸ Then Jesus came to them and said, "All authority in heaven and on earth has been given to me. ¹⁹ Therefore go and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰ and teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age."

Matthew 28:16-20

¹ In my former book (the gospel of Luke), Theophilus, I wrote about all that Jesus began to do and to teach ² until the day he was taken up to heaven, after giving instructions through the Holy Spirit to the apostles (disciples selected to lead the early church) he had chosen. ³ After his suffering, he presented himself to them and gave many convincing proofs that he was alive. He appeared to them over a period of forty days and spoke about the kingdom of God. ⁴ On one occasion, while he was eating with them, he gave them this command: "Do not leave Jerusalem, but wait for the gift my Father promised, which you have heard me speak about. ⁵ For John baptized with water, but in a few days you will be baptized with the Holy Spirit."⁶ Then they gathered around him and asked him, "Lord, are you at this time going to restore the kingdom to Israel?" ⁷ He said to them: "It is not for you to know the times or dates the Father has set by his own authority. ⁸ But you will receive power when the Holy Spirit comes on you; and you will be my witnesses in Jerusalem, and in all Judea and Samaria, and to the ends of the earth."

Acts 1:1-8

List the promises Jesus gives his disciples in Matthew and Acts. How are they similar to the promises given to Joshua. **PAUSE.** Hear Jesus speak these promises to you today. How has God prepared you to be and make disciples?

Make Disciples

God invited Joshua to lead people into a promised land. Jesus called his followers to help others follow him which would involve baptism (public identification with Jesus) and obedience (surrender to Jesus). How will you take steps of personal discipleship and missional disciple-making this week?



Discipleship: Follow Jesus

Slowly meditate upon the following passages. Before you start, **PAUSE** and ask Jesus to speak to you so you can follow him with great joy.

¹⁸ As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. ¹⁹ "Come, follow me," Jesus said, "and I will send you out to fish for people." ²⁰ At once they left their nets and followed him.

²¹ Going on from there, he saw two other brothers, James son of Zebedee and his brother John. They were in a boat with their father Zebedee, preparing their nets. Jesus called them, ²² and immediately they left the boat and their father and followed him.

Matthew 4:18-22

⁹ As Jesus went on from there, he saw a man named Matthew sitting at the tax collector's booth. "Follow me," he told him, and Matthew got up and followed him.

¹⁰ While Jesus was having dinner at Matthew's house, many tax collectors and sinners came and ate with him and his disciples. ¹¹ When the Pharisees saw this, they asked his disciples, "Why does your teacher eat with tax collectors and sinners?"

¹² On hearing this, Jesus said, "It is not the healthy who need a doctor, but the sick.

¹³ But go and learn what this means: 'I desire mercy, not sacrifice.' For I have not come to call the righteous, but sinners."

Matthew 9:9-13

Then Jesus said to His disciples, "If anyone wishes to come after Me, he must deny himself, and take up his cross and follow Me. For whoever wishes to save his life will lose it; but whoever loses his life for My sake will find it."

Matthew 16:24-25

As they were going along the road, someone said to Him, "I will follow You wherever You go." And Jesus said to him, "The foxes have holes and the birds of the air have nests, but the Son of Man has nowhere to lay His head." And He said to another, "Follow Me." But he said, "Lord, permit me first to go

and bury my father." But He said to him, "Allow the dead to bury their own dead; but as for you, go and proclaim everywhere the kingdom of God." Another also said, "I will follow You, Lord; but first permit me to say good-bye to those at home." But Jesus said to him, "No one, after putting his hand to the plow and looking back, is fit for the kingdom of God."

Luke 9:57-62

Then Jesus again spoke to them, saying, " I am the Light of the world; he who follows Me will not walk in the darkness, but will have the Light of life."

John 8:12

Jesus said, "My sheep hear My voice, and I know them, and they follow Me; I give eternal life to them, and they will never perish; and no one will snatch them out of My hand."

John 10:27-28

Jesus said, "If anyone serves Me, he must follow Me; and where I am, there My servant will be also; if anyone serves Me, the Father will honor him."

John 12:26

Jesus does not call us to do what he did, but to be as he was, permeated with love. Then the doing of what he did and said becomes the natural expression of who we are in him.

Dallas Willard

Discipleship is not an option. Jesus says that if anyone would come after me, he must follow me.

Tim Keller

Discipleship isn't a program or an event; it's a way of life. It's not for a limited time, but for our whole life.

Discipleship isn't for beginners alone; it's for all believers for every day of their life.

Discipleship isn't just one of the things the church does; it is what the church does.

Bill Hull

Until you have given up your self to Jesus, you will not have a real self.

C.S. Lewis

Make Disciples

How will you follow Jesus today? Be specific.



Lessons from the Wilderness

Take a moment to look back through this entire devotional study guide.

What has God revealed to you about himself in this study?

What lesson from the wilderness most impacted you? Why? How?

What do you want to be sure to remember from this devotional study?

Make Disciples

Part of making disciples is sharing with others what you are learning and receiving in your relationship with Jesus. Take a look at your answers above and decide who you will share these answers with this week?

Who will you invite to follow Jesus with you in the coming months? What will you do with them (Go through this study again, with them? Go through a different study? Read through a book of the Bible? Pray together on the phone for 2 minutes, Monday to Friday? Something else?)

Week Ten | Make Disciples | Joshua 1

Notes Page: Use these pages to take notes on the talk, *Make Disciples*.

Find this talk at womensbiblestudyLA.com/resources or on YouTube (Women's Bible Study LA).

DIG IN WITH YOUR GROUP

What surprised you about discipleship and disciple-making in this study?

What do you love about the promises of God as he invites you to join his mission (Day 3)?

Share your answers to the questions from Day 5.

Bless each person in your group by sharing what you learned from them during your time together.