






EXODUS

THE STORY OF US



For our journey together through the book of Exodus, we will be using a method of shared bible study called the **S.T.O.R.Y.** approach. **STORY** is an acronym that stands for:

-  **S**tiling ourselves
-  **T**asting the Word
-  **O**penness to the Holy Spirit
-  **R**eflecting
-  **Y**ielding to God

Those five stages will act as way-markers for our time of prayer, fellowship and study together!

INTRODUCTION



Still yourself...

“Let go of your concerns! Then you will know that I am Elohim. I rule the nations. I rule the earth.”

(PSALM 46.10)

We begin with a few moments of stillness, pausing to acknowledge God’s presence with us.

- Sit comfortably in your seat, allowing your body to relax into a posture of stillness.
- Take a few deep breaths, gently releasing any tensions or frustrations from the day.
- Focus your mind on these words of scripture: *“Be still and know that I am God.”*
- In the silence, offer a simple prayer from deep within your spirit that the Lord might meet with you, and the people sat to your right and to your left, in this room right now.

Taste the Word...








“It takes more than bread to stay alive. It takes a steady stream of words from God’s mouth.”

(MATTHEW 4.4)

We now come to feed on God’s Word together, to feast on Him in our hearts by faith.

- During the reading of God’s Word we will be engaging our senses in Godly imagination:

-  - What am I **hearing**?
-  - What am I **seeing**?
-  - Am I **smelling** anything?
-  - Am I **tasting** anything?
-  - What am I **feeling**?

- Look up the passage: **Exodus chapter 1** in two or three different translations.
- Read the chapter from each translation slowly and carefully.
- Pause for a few moments of silence after each reading for silent reflection.



Openness

“But when the Friend comes, the Spirit of the Truth, He will take you by the hand and guide you into all the truth there is.”
(JOHN 16.13)

- Be open to hearing all that the Holy Spirit is saying to you as a group as you journey together through those five questions, sharing your experiences together:

👂 - What did we **hear**?

👁️ - What did we **see**?

👃 - Did we **smell** anything?

👄 - Did we **taste** anything?

👋 - What did we **feel**?

Reflect...



“Help me to understand the way of Your commandments, and I will meditate on Your wonders!”

(PSALM 119.27)

In the passage we have just explored together:

- What **principles** are there to follow?
- What **promises** are there to claim?
- What **pitfalls** are there to avoid?

Yes! Yield...

“So here’s what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering.”

(ROMANS 12.1)



The final way-marker on the **S.T.O.R.Y.** journey is to **Yield** ourselves to God.

Having sought the Spirit’s help, in both our understanding of the passage and the applying of it to our lives, it is now important to give our “Yes!” to God and all that He has spoken.

The scriptures calls us to be both “hearers” and “doers” of the Word of Life and so experience the fullness of His freedom and blessing. (JAMES 1.25)

And so we pause before returning to the rhythms and routines of the week, to gather our thoughts together, and turn our learning into living, our principles into practise.

As we close in prayer together, pray for each other - and give your “Yes!” to God

THE STORY OF YOU