






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**tilling 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...

*“My heart has heard you say, “Come and talk with me, O my people.”
And my heart responds, “Lord, I am coming.” (PSALM 27.8)*

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: *“And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*
- 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...



*“Look! I stand at the door and knock. If you hear my voice and open the door,
I will come in, and we will share a meal together as friends.” (REV 3.20)*

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 4.10-17** 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


“They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favour of all the people.” (ACTS 2.46-47)


- 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:

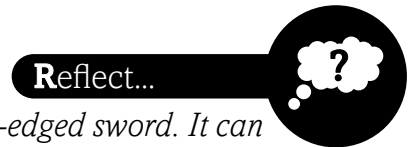
 - What did we **hear**?

 - What did we **see**?

 - Did we **smell** anything?

 - Did we **taste** anything?

 - What did we **feel**?



“God’s word is alive, you see! It’s powerful, and it’s sharper than any double-edged sword. It can pierce right in between soul and spirit, or joints and marrow; it can go straight to the point of what the human heart is thinking, or intends to do.” (HEBREW 4.12)

In the passage we have just explored together (Exodus 4.10-25):

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



Yield...

“This is how we know what love is: Jesus Christ laid down His life for us. And we ought to lay down our lives for our brothers and sisters.” (1 JOHN 3.16)



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