



THE EXODUS: Sit, Walk, Stand Leader's Guide

Before You Start

It can be helpful as a leader to understand the bigger picture of where this study is headed. This helps you to lead with more confidence. Let's start by answering some key questions.

Why the Exodus?

The Exodus of God's people from Egypt is considered to be the major salvific moment in the Old Testament. It's brought up again and again in the Prophets. In the Exodus, we also see God's people endure many things. They endure slavery, having to trust God, and being tested by God. They endure both the physical elements of the desert and the consequences of their sinful nature.

We also see God continue to be faithful to His people in the Exodus. He constantly fights for and provides for them even when they turn away from Him. He helps them endure the hardships they face, saves them time and time again, and leads them to the Promised Land. From this, we can move to how God continues to fight and provide for us, even when we aren't faithful to Him. He also invites us to walk His paths and stand firm in His promises and faithfulness.

Why "Sit, Walk, Stand?"

The terms "Sit," "Walk," and "Stand" are taken from a series of sermons (compiled into a book titled *Sit, Walk, Stand*) by Watchman Nee. They are tweaked slightly to fit this study and the theme "Endure." Each term is explained through the course of the series. But here are the details for you as you prepare:

- **Sitting** is trusting in God's promise to fight and provide for us. Sitting is a totally passive endeavor; It is simply receiving God's good gifts given to us out of His generous love. Enduring starts with sitting, which is the opposite of what we tend to think.

We usually think of us having to do something when we endure. For Christians, enduring is only possible in and through Christ – He's already done all the work for us. So, we sit with God in prayer and His Word.

As you'll see in the first study, sitting is "first position" for human creatures. Adam & Eve's first day was creation's *seventh*, and the day God rested. Mankind's first day of life was a day of sitting and resting in God's good gifts and promises. In God's Word we see that mankind is constantly invited and called by God to sit and trust that He will fight and provide for His people when they come up against adversity of all types.



- **Walking** is trusting that God's ways are good and then walking them. Often, we think of enduring as our action. But we see in God's Word that when we walk – when we do things – the only right way to do them is God's way. Unfortunately, we don't always believe this. We, like the Sons of Israel, would rather walk our own paths – either because we think they are better or because we think God's paths are too hard.

When we endure, we start with sitting and trusting God, but are then called to walk *with* Him, continuing to trust Him to provide, but also trusting that His ways are best and going to help us endure to the end.

- **Standing** is standing firm in the promises of God revealed to us when we sit. We do not stand on our own foundation. We stand in the foundation that God is generous and loving, keeps His promises, and fought and provided for us in the life, death, and resurrection of Jesus.

This is not a step by step process or method we follow. We DO always "start" with sitting. However, we don't always walk then stand. Sometimes we sit, then stand, then walk. If anything, we sit, walk or stand, and then sit again. We get tired when we walk and stand, which brings us right back to sitting in and with God, who gives us rest.

Why use the term "Sons of Israel" in this study?

This study uses the term "Sons of Israel" instead of "Israelite." There are three reasons for this.

- "Sons of Israel" is what is used in the Hebrew Text
- "Israelites" is a term that can be used quickly, but that can lose its meaning for youth. It might not always be as helpful today
- "Sons of Israel" helps us remember this is all part of the narrative of God and His People. At this time in the Story, God's People are identified as the Sons of Israel – as the descendants of the man Jacob/Israel, who's promise is passed down to Judah, and so on, until you get to us who are made God's people through baptism.

If you and your group want to use "Israelite(s)," that is okay.

The Structure of Each Study

- The first three studies follow the same general outline:
 - Some introductory questions
 - An activity (The final study does not have an activity)
 - Bible Readings and Discussion Questions.
- The activities in Studies 2 & 3 are challenge activities. There is some potential for injury or an opportunity for participants and leaders to become unnecessarily mean. Make sure you read through the activities in the study and have plans for how to encourage participants and keep them safe.
- Overall, you're highly encouraged to read through each study a few days and multiple times before doing them with your group. It might be helpful to have Bible readings printed out for participants if you don't have Bibles on hand. These studies were written with the ESV and NIV translations.



- Scripted text for adult leaders is in orange. Feel free to adapt these leader notes to better fit how you talk. Young people cherish authenticity, so it might be wise to *not* read what is written from the page in front of them in real time. However, they are there to help those who may not feel comfortable leading Bible study or may not have much experience doing so.





THE EXODUS: Sit, Walk, Stand Leader's Guide

STUDY ONE: SITTING – THE RED SEA

The goal of this study is to go through what it means to sit with God when enduring trials and struggles. In the study, participants will learn how God created humans to sit & rest with Him and be reminded that God provides all that is needed for His creatures. Using Moses and the Sons of Israel as they leave Egypt, participants will see how God invites us to rest in Him then gives a path of relief.

Small Group Activity

Split into small groups of 5-8 participants with a leader. These could be community groups that will be used for other events, like the Gathering or a servant event. If your group is already small, you can do this activity together.

Give each group a sheet of blank paper. Have each group discuss this question:

- *What does "Enduring" look like?*

As the groups discuss, or once they've come to a consensus, have the group draw their answer. If the group has multiple ideas, have them draw all of them. If the group struggles drawing, encourage them to try their best. In the event they really do struggle drawing, have them write down what enduring looks like and when you bring everyone together to share, draw it for them (or have someone else draw it for them). Have each member sign the drawing when it's done.

After 10 minutes, bring everyone together. Have each group share and explain their drawing. You can have one person do this or multiple people from the group. If you have space to hang each drawing in the front of the room, do so.

Once each group has gone, discuss these questions to the whole group:

- *In your drawing/definition of "Enduring," who is doing the work? Who is enduring?*
 - It's likely that they – or a generic person – is the one enduring.
 - See if any group has an "outside" force helping the "enduree" endure. *Who is it? Why are they there? What are they doing?*
- *What are some common themes being endured in the drawings/definitions?*
 - If you can, write these down on a whiteboard or project them on a screen. This can be a great exercise for you and your adult leaders to learn what your youth consider trials, struggle, or hardship. It can also aid you when applying this study to their personal lives.
- *We often think of "enduring" as our action. Is that wrong?*



- On one hand, no. We need to do something when it comes to enduring. However, we often turn to unhelpful – even sinful – things when we take charge of enduring.

Say to your group: "When we endure, we certainly have a role to play. But our role is actually really minimal. Can someone read Hebrews 12:1-2 for me?"

These two verses remind us that we look to Jesus who went before us and endured the cross for us. They remind us that we endure because Christ endured first.

But so often we think of enduring as our action. And that leads us to think that we endure on our own. But when we endure, it's because God is the one acting. Over these next few weeks, we're going to think of Enduring in three different ways. The first way we are going to call SITTING."

Large Group Activity – "The Great Weight"

You need three volunteers for this activity. Bonus points if you can get at least one strong youth/adult to do it. Frame the activity as a game/competition if getting volunteers is hard for your group.

- Consider having a prize (candy, soda, etc.) for each participant. If you do, only advertise one of the volunteers winning a prize (but give all three a prize at the end.

Give each volunteer a "great weight." Boxes of soda or crates of books work great. Basically, anything that can start off being held in their hands, but eventually the volunteers will get tired and have to stop holding it. Make sure to have enough that you can add more to participants.

Explain these rules:

- One of the volunteers must walk around the room while you say what comes below. They are not allowed to stop walking, rest on anything or anyone. They are not allowed to set down the "great weight" that you give them. If they do, they lose.
- Another volunteer must stand in one spot with the "great weight" while you say what comes below. They are not allowed to lean on anything or anyone. They are not allowed to walk around. They are not allowed to sit. They are not allowed to set down the "great weight." If they do, they lose.
- The third volunteer sits with the "great weight" while you say what comes below. They just get to sit. They can sit or hold the "great weight" however they see fit, but they cannot put the "great weight" on the ground. This person is unlikely to lose (and that's the point...).

As you say the script below, feel free to check in on the volunteers.

- Ask them how it's going – if the "great weight" is becoming too much for them to carry.
- Ask if they'd like to sit down or lean or drop the "great weight."
- Feel free to add more weight to the walker and stander – you can even take some weight from the sitter if you want to give to the walker and stander.
- If the walking and standing volunteers have to stop, make sure everyone claps for them and thank them for volunteering. If you're giving prizes to the volunteers, wait until all are out or you're done saying what's below.



As the volunteers do their job, say this:

Scientifically speaking, when we walk or stand, our weight – and the weight of anything we carry – is on our legs and back. Walking, jogging, and running make us tired. Standing for long periods of time makes us tired. They make our feet hurt and our legs weak. Carrying things when walking or holding things while standing adds weight. They make us tired faster. They add strain to our arms, legs, and back. They make us more tired. Some of us can run and stand for a long time – but eventually we all get tired.

But when we sit, our weight – and the weight of anything we're carrying – is held up by the chair (or couch, or ground, or whatever we're sitting on). We might get sleepy or bored when sitting – but our bodies don't get tired. Your muscles don't get tired from sitting and taking a little rest. In fact, we often sit when we're tired from walking, running, and standing.

In life, we have weights – burdens, struggles, issues – that we carry. People hurt us, wrong us, treat us poorly. We have insecurities and anxieties. We sin. We make mistakes that we regret. We suffer. Family and friends get sick. They're taken from us in tragedy. We get sick. We've been talking about Enduring – and these are the things that we endure.

This would be a great place to add the examples groups share in the opening activity.

When it comes to our faith, sitting is resting our weights – our burdens – upon the Lord. Sitting is letting God bear the load of our troubles. Sitting is letting God carry and sustain us. So often we think that when we come up against “great weights” – against struggles, sins, regrets, and the troubles of the world – that we need to do something. That we need to solve the problem ourselves. That we need to stand firm or walk or run, like (insert name of your “walker”) and (insert the name of your “stander”). We often think that Enduring starts with us doing something. But we're broken. We can't carry the burdens of this world on our own. We turn to unhelpful and sinful vices, which adds more troubles – more weights – that need to be endured.

Enduring starts with sitting with God. God is like the chair holding (insert the name of your “sitter”). He does all the work for us. He bears our burdens, anxieties, and troubles. He provides rest and rescue from them. He provides strength to endure them.

Enduring doesn't start with us doing something active. Enduring doesn't start with walking, running, jogging or standing firm. It starts with us sitting and trusting in God to endure for us.

At this point, make sure your volunteers are thanked and given a treat.

Tell your group: *From the beginning of humanity, we see that mankind was made to sit in God's generous love. To trust Him to provide for His creation.*

Review or outline the Creation account in Gen. 1.

Have someone read Genesis 1:26-2:3. Then ask & discuss these questions:

- *There is a repeated phrase in v.29-30. What is it?*
 - “I give” – God says this.
- *What is important about that phrase?*
 - It shows that God GIVES to His creation. He provides what His creation needs.



- *What do these verses show and tell us about God? About humans?*
 - God is GENEROUS and LOVING – He creates and sustains His creation out of His generous love
 - Humans (all creation) RECEIVE – God provides, human (all creation) does nothing to earn His provision
- *What is significant about God resting on the 7th Day?* (hint: The 7th Day is humanity's FIRST day)
 - Hint: The "7th Day" is humanity's FIRST.

Say to your group: From the beginning humans were created to SIT in God's generous love. God creates humans and then He sits – He rests. Not because He needed to. God was serving as an example for us. Adam's first day was God's seventh. God worked for 6 days, then rested. Adam begins his life with rest. Adam's "first position" was to sit – to rest in God's perfect creation. We, like Adam, were made to sit. Sitting is the attitude of rest. It's trusting that God does all the work for us. To sit is to rest in God's generous love. The entire Christian life – from start to finish – is based upon utter dependence on Jesus. It's based on resting in what Jesus has done for us.

The Red Sea & Sitting

Tell your group: Over the next few weeks, we're going to look at Moses and the Sons of Israel during the Exodus from Egypt. We're going to see how they Endure their long journey to the Promised Land. Today, we're going to look at Exodus 14...

Have them turn their Bibles there. If they don't bring Bibles and/or if you don't have Bibles readily available, have the readings for this study printed out for them.

- At this point, you can explain using Sons of Israel instead of Israelites if you want

Before we get to the Exodus, we need to make sure we know the background information. The story of the Exodus really starts with Joseph...

You can either summarize the story of Joseph or ask the participants to do so.

A brief summary: Joseph, son of Jacob (grandson of Isaac, great-grandson of Abraham), is sold into slavery by his brothers. Joseph ends up in Egypt. He serves as a slave and is wrongly thrown into prison. He is eventually released to interpret the dreams of Pharaoh. This leads Joseph to be 2nd in command to Pharaoh. Eventually, Joseph's brothers come to Egypt, looking for food. After some shenanigans, they reconcile, and Joseph's entire family comes to live with him in Egypt.

The Book of Exodus picks up after Joseph & his generation have died. By that point, the Sons of Israel have exploded in number. This scares Pharaoh. He orders the 1st born sons of the Sons of Israel to be killed and enslaves the rest. God calls Moses to be His mouthpiece to reveal who He is to Pharaoh and the Sons of Israel.

God, through Moses, tells Pharaoh to let the Sons of Israel leave. Pharaoh doesn't do that, so God sends 10 Plagues on Egypt.



Pharaoh relents after the 10th Plague and tells Moses and the Sons of Israel to leave Egypt. So, they do! God leads them to the Red Sea with a pillar of cloud and a pillar of fire. Once at the Red Sea, Moses and the Sons of Israel stop.

That's where we are going to pick up the story.

Have a volunteer (or volunteers) read Exodus 14:5, 9-14. Then ask these questions:

- *Pharaoh realizes that he's just let his workforce go. So, they come after the Sons of Israel. How do the Sons of Israel respond in v.10-12?*
 - They're terrified and cry out to the Lord. They blame Moses for bringing them out to the wilderness.
- *With a friend (or group of friends), say v.11-12 in your own words. What are the Sons of Israel saying?*
 - You ticked off the wrong guys, Moses! Why did you need to bring us out here to die?! We told you to leave us alone! We'd rather serve Pharaoh forever than die!
- *What does their response (v.11-12) show about them?*
 - They're scared. They don't trust the God that just performed the plagues and brought them this far by a pillar of cloud and fire. They're focused on DOING – not trusting, resting, or sitting with and in God's generous love.
- *How does Moses respond?*
 - Look closely! It looks like he tells them to STAND!
 - But he tells them that GOD will bring them deliverance. He tells them GOD will save them. Moses tells the Sons of Israel that they only need to "be still."

Say to your group: When the Sons of Israel come up against adversity – against trouble – a struggle – Moses doesn't tell them to do something. He tells them that they "need only to be still (v.14, NIV)." Even when he says, "Stand firm, and you will see...", He's really telling them to trust in God. You know, the guy that JUST did 10 signs and wonders for them and led them where they were with a literal pillar of cloud and pillar of fire!

Moses directs the Sons of Israel to sit and trust in the promise that God would bring them to a Promised Land. A promise that, for the Sons of Israel, was actively being fulfilled. Moses tells the Sons of Israel that the Egyptians they see – the adversity they see – will NEVER be seen by them again. All they have to do is let GOD do what GOD does.

Application Questions

Some of these questions DO NOT need to be answered out loud by the group. They can be discussed in large or small groups or simply pondered.

- *What is the first thing you do when you encounter adversity, struggle, etc.?*
 - Do you talk with a friend? Is there an activity you do?
 - Is what you turn to actually helpful?
 - Is what you turn to sinful?
- *What would it look like if you were "still/silent," sitting in/with God when you encounter trouble, struggle, adversity, etc.?*
 - Your group may have many answers to this question. They may have "Sunday School" answers (read the Bible, pray, go to church).



- Encourage them to think back to Moses and the Sons of Israel for guidance. They were invited to trust in the promise that God would save them.

READ Hebrews 11:1-2 & 29 to your group, then say this:

Say to your group: Enduring starts with sitting, with trusting that God will work on our behalf. The writer of Hebrews points out that 'faith (trust) is the assurance of things hoped for, the conviction of things not seen.' We are called to sit and trust that the God who rescued and provided for the Sons of Israel at the Red Sea (and through the rest of time) will rescue and provide for us too.

When you face adversity and hardship, turn to God. If you're going to walk, run, or jog anywhere – run to His side where He invites you to sit and trust in His promise that He will fight for you just like He fought for the Sons of Israel. Sit and trust in God's promise that He will provide relief and rescue for you just like He did when He parted the Red Sea. Sit and trust in the fact that God fought for you and rescued you on the cross – giving you eternal relief.

Sitting with God might mean slowing down or even being completely still. Often, we come up against adversity and move quickly to end it. When you come up against something to be endured, take a deep breath and slow down. Listen to your favorite Christian music or hymns. Pray with God – talk to Him and tell Him what you're feeling, experiencing, and wanting. Read His Word to be reminded of how God fights time and time again for His people like He did for Moses and the Sons of Israel at the Red Sea.

Prayer

If your group already has established methods of prayer, add a prayer that we take time to sit with God – not just when we face adversity, but every day. If you need a prayer to say, feel free to use this: Dear God, We know that You and You alone provide all things. We pray that You remind us that we were made to sit and trust that You will fight for us. Remind us of Your generous love that acts on behalf of Your people. Remind us that Your Son fought for and won our forgiveness by the cross and empty tomb. In Jesus' name. Amen.





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STUDY TWO: Bread from Heaven & Walking

The goal of this study is to introduce and begin to talk through what it means to walk – to participate – and endure. In this study, participants will look at Exodus 16, where God gives manna and quail to the Sons of Israel and learn that God continues to provide for His people, but also gives His people instructions/tasks to join Him in enduring.

Large Group Activity – *Trust Walk* – Take 15-20 minutes

This activity requires blindfolds and a set of keys. You'll also need Adult Leaders to help make sure students stay safe and act responsibly. Participants can get hurt during this activity. It may be helpful to include a few additional rules/protections as needed for your group. The set-up for this activity will also help review the previous week with your group.

What you need to know:

You are going to lead your students around your space/building. They will be standing in a straight line, joined together by holding on to the person's shoulders in front of them. The students will also be blindfolded.

- Some students may have a difficult time or be scared by not being able to see. Know your group and respect students. Some may have trauma associated with blindfolds.

If you have this situation, encourage students to simply close their eyes as much as they feel comfortable while not giving verbal directions to other students. Or allow them to help adult leaders in leading and keeping the group safe. Adapt to make sure they participate in a way that is beneficial to them.

- Be mindful of potential issues with mixed gender situations or between students who do not get along. Try to set the activity up in a way where everyone is participating and feels safe.
 - There are some options in how you do this activity:
 - With a set of keys → You jingle the set of keys in the front, and the first person in line walks toward the keys. This allows you to stop jingling the keys to see if students remember the rules below. It also allows you to move and see if the person leading the group can find their way to you. *This method is probably the most difficult, but most rewarding.*
 - Leading by hand → Instead of leading the students by jingling keys, you take the hand of the person in front of the group and lead them. This allows you



start walking slowly and vary the pace as you walk. *This method is probably the easiest because you can set the pace.*

- Change the Leader → Every so often, change who is leading the group. *This method is a medium option, as it changes dynamics of trust with who is leading the group.*

Activity Instructions

- Have students stand in a single file line, all facing the same direction.
- Give each student a blindfold and have them or a friend/adult leader tie it over their eyes.
- Have students hold on to the shoulders of the student in front of them.

Say to the group: Last week, we started looking at the Sons of Israel and Moses as they left Egypt. We talked about how when we endure, the first thing we do is sit and trust that God will fight for us. This week, we're going to continue the journey with the Sons of Israel. After they leave the Red Sea, they start walking to the Promised Land. As they walk, they are told to trust in God – to keep sitting in their trust of God as they walk.

To illustrate this, we're going to do a trust walk. You are all blindfolded and holding onto each other. You are only allowed to walk forward if the person in front of you walks forward. As you walk, there are rules for talking. You can only talk when receiving directions from the front person OR to say, "STOP." When any of you says "STOP," everyone must stop. If you let go of the person in front of you, stop and say, "STOP" so we can get everyone back together again. I promise that I will do everything in my power to keep you safe.

If your jingling keys: When you hear the keys, you walk. When you don't you stop. You (the person in the front) should follow the sound of the keys – everyone else should follow the person in front of you. Are there any questions? (give time) Okay – follow me.

If leading by hand: Are there any questions? (give time) Okay – follow me.

Lead your group throughout your space/building.

- **DO** communicate with adult leaders before your meeting about this activity and your expectations for them. Some adults have a difficult time letting students struggle through activities like this. Others try to make them even harder.
- **DO NOT** purposefully have students run into obstacles. That is a great way to break their trust.
- **DO** communicate to the person in front of obstacles you walk *near*. They could/should communicate to the person behind them and so on down the line.
- **DO NOT** keep walking when someone says "STOP" or your group becomes disconnected.
- **DO** vary the speed if leading by hand or stop jingling the keys momentarily if leading by keys.
- **DO** plan your route beforehand. It's best to end where you are going to do the rest of the study. If that is where you started, great.



- **DO** keep an eye on the clock and lead the group back to your end space after 15-20 minutes of walking.

Once you've gotten to where your walk ends, have students remove blindfolds, grab a Bible, and take a seat. Then discuss these questions as a group:

- *What were the rules of the activity?*
- *What made this activity difficult? Was anything about it easy?*
 - *For those that led the group, what was your experience?*
- *Was anyone uncomfortable or nervous with walking blindfolded? Why or why not?*
- *Did your level of trust/comfortability change the more we walked?*
 - *Did it increase? Why?*
 - *Did it decrease? Why?*
- *What was it like being at the very back of the group?*
- *How would you characterize your level of trust?*

Say to your group: What we just did was a trust walk. You couldn't see and needed to trust me and the people in front of you to lead you around. But you also needed to walk. You were called to trust the people in front of you AND to do something. The same thing happens in our faith.

When we endure, we are called to sit and trust that God will fight for us – like we talked about last week. Enduring starts with sitting and trusting in God to keep His promises. But God also calls us to WALK.

Last week, we read how God parted the Red Sea and saved Moses and the Sons of Israel. All they had to do was sit and let God do what God does. But we also saw that God gave them instructions: He told Moses to raise his staff and the people to walk. The people endured first by sitting – by trusting in God – but then were told by God to do something.

This is what we'll call "walking." Walking is doing what God says. When we endure, we sit with God and let Him do His thing. Then, and only then, do we walk – continuing to trust Him – and do what He says.

Let's look at an example of this.

"Dramatic" Reading of Exodus 16:1-30 – *If you have a large group (20+ participants), split into smaller groups to do the reading and discussion questions.*

- Have youth open their Bibles and turn to Exodus 16:1-30.
- Ask for a few volunteers to play parts. They say the words of the part they play. You will be the Narrator.
 - Moses →
 - Aaron (he speaks with Moses in v.6-7) →
 - The LORD →
 - The Sons of Israel →
- Read the passage!

Once you've read the passage, discuss these questions:



- *How long were the Sons of Israel traveling when this happens?*
 - 2.5 months
- *In your own words, what are the Sons of Israel saying in v.3?*
 - "Why are we out here?! Back in Egypt we had all the food we wanted! Now look at us! We have no food! We're going to die out here! This is YOUR fault, Moses and Aaron!"
- *What do you make of God saying, "I will test them..." in v.4?*
 - God is trying to see if the Sons of Israel are going to listen to Him – treat Him as their God.
- *Why is it wrong for the Sons of Israel to take too much? Why does that matter?*
 - It shows that they don't trust God
- *In your own words, what does God say in v.28-29?*
 - "What happened? I thought y'all trusted me?! I have given you everything – even the Sabbath."
- *How does this passage relate to our trust walk?*

If you did the reading in smaller groups, bring the group together and go through the questions above. Discuss each group's answers.

Say to your group: This passage continues what we saw last week. The Sons of Israel walk to the Promised Land, and along the way they encounter adversity and complain about it. Here, they're hungry. They've likely eaten most of the food they gathered as they ran out of Egypt. In their grumbling, the Sons of Israel forget, again, that God provides for them.

Moses and Aaron, as their leaders, go to God. They start with sitting – a good example! God tells them that He will provide for them but then gives them instructions. God invites them to participate in enduring, but with clear guidelines. He does this "to test them (v.4)." God wants to see if they are going to do what He says. He's seen them trust that He will provide and fight for them – now He wants to see if they will trust in His ways.

Sitting is resting in God, trusting in God's promise that He will provide for us. Walking is trusting that God's way – that His rules and commands – is the right way. When we endure, it starts with sitting in the promise that God will provide. Then we walk – not in our ways – but in God's ways. Walking means that we continue to trust God.

Some of the Sons of Israel get this backwards. They go out and collect more bread than they should. They think that THEY need to provide for themselves. They don't trust in God's promise to provide, and they don't trust that God's way is best. That leads them to take matters into their own hands. The first time this happens, the bread ends up having maggots in it. The second time, the people don't find any bread at all.

We do the same thing. We come up against adversity, and instead of sitting with God and then walking His path and doing what He says we do what we think or feel is right. Often, what we think and feel is right shows we do not trust God with our whole heart.



Application Questions – *These questions can be discussed or asked and pondered depending on time.*

- *What are paths you normally walk when enduring?*
- *What specifically causes you to trust yourself instead of God?*
- *What guardrails can or should you put up to help you sit with God and walk His paths?*
 - Accountability from friends | Sticky notes around room | Daily Bible reading plan | etc.

Re-read Exodus 16:28-30 for your group.

Say to your group: God reminds the Sons of Israel that He gave them the Sabbath – a day to rest in His promises. God tells them that this is why He gives them twice as much bread on the sixth day. God reminds the Sons of Israel that He fights for them – all they need to do is trust in Him and follow His instructions.

God gives us what we need too. He invites us to sit, and He fights for us. He invites us to walk with Him, giving us clear instructions on how to walk His paths. When you come up against adversity, remember that enduring starts with sitting with God then moves to walking God's path and doing what He says because His ways are good.

Prayer

If your group already has established methods of prayer, add a prayer that we take time to sit with God – not just when we face adversity, but every day. If you need a pray to say, feel free to use this:

"Dear God, thank You for providing all that we need. Help us to remember that You keep all Your promises, even when it may not look like You are. Help us to sit with You when we face difficult circumstances. Give us the strength to then walk Your good paths and follow Your instructions. Remind us that Your ways are indeed good. In Jesus' name. Amen."





THE EXODUS: Sit, Walk, Stand Leader's Guide

STUDY THREE: 10 COMMANDMENTS AND THE GOLD CALF – WALKING LEADS TO SITTING

In this study participants will solidify that enduring starts with sitting and that walking needs to happen with God. Participants will see from the Sons of Israel's bad example at Siani that walking our paths – trying to endure on our own – leads to more issues and struggles. Participants will learn that after a period of walking and enduring, God calls us back to our first position – sitting, where we rest with and in Him.

Review Questions

- *What does it mean to sit?*
- *What does it mean to stand?*
- *Which of these are we better at?*

Group Activity – Lily Pad

This activity is similar to last week's. However, this one relies more on teamwork and good decision making.

Game Instructions:

Your group has to cross a "sea" (field of play) using 10 "lily pads." However, there are several catches.

- Everyone in the group must cross the "sea." If they don't/can't, the group must restart.
- Once a lily pad is placed in the "sea," it must be touched by a member of the group. If at any point a lily pad in the field of play isn't touched by a participant, the group loses the pad.
- If anyone in the group touches the "sea," the entire group must restart.
- Participants are not allowed to speak once in they enter the field of play. They are also not allowed to speak when they cross the other side. The only participants who may talk are those who have not yet entered the field of play. If this rule is broken, the group must restart.
- When the group restarts (which will likely happen a few times) they receive all their lily pads back.

What you'll need:

- A path around 10-15 long and 12 feet wide. You can either measure this out and mark this off with painter's tape or pool noodles. The lane/paint of a basketball court if you have a gym works great!
- A set of 10-15 "lily pads." If you have a school and/or gym with equipment, these could be bases for kickball or dots for gym class. You can also use carpet squares, sheets of paper, or



paper plates. Whatever you use, make sure it's roughly the same size as a human foot and isn't too slippery that participants will get hurt.

Leader Instructions:

- Before the start of the Bible study, mark off your playing area and have lily pads ready.
- You might need to demonstrate how things work for your group while you are explaining.
- Keep an eye on the time. This activity can take a while depending on the cohesiveness/teamwork of your group.
- You may want to consider having multiple groups if your group is big. DO NOT MAKE THIS A RACE. The goal of this activity isn't getting it done quickly but following the directions.
- Walk a fine line of encouraging your group, making sure they aren't unkind to each other, and enforcing the rules – of which there should be no grace.

Say this to your group: The goal of this activity is for all of you to get from one side of this dangerous "sea" (field of play) to the other. The only way to get across is by walking on these lily pads. If any of you touch the sea at all, you have to restart. When you put a lily pad into the "sea," it needs to be touched. If at any point it is not touched by one of you, it is taken away. Everyone in the group needs to cross to the other side. If they cannot or don't, everyone starts over. The last rule is this: Once you have touched a lily pad you are not allowed to speak until everyone has crossed to the other side. If someone does speak, everyone starts over. There will be no questions. You may begin.

Once your group is finished, discuss these questions:

- *What were the rules?*
 - Get from one side to the other using lily pads
 - Cannot touch the "sea"
 - Lily pads must be touched once placed in the "sea"
 - Everyone must cross to finish the activity
- *What did you think of the rules? What rules could you do without?*
- *What made this activity difficult? Why?*
 - The rules are supposed to make things tough. Members of the group may make things tough too. Make sure participants don't discount or talk down to each other.
- *What strategies did you use that were helpful? Any you think you would try again?*
- *How did you feel when lily pads were taken away?*
 - I once led a group through this activity, and one of the most hopeful participants said, "Despair." This likely made your group mad or upset, especially as the activity progressed. This is normal.
- *What did you think about having to restart when breaking the rules?*
 - The participants probably hated this.
 - Point out to them that when they had to restart, they were able to strategize as a team. They got another chance at crossing over the field of play. That is the hope of restarting.

Say this to your group: Think about our activity as enduring. We start with sitting with God – that would be like the start of the activity. When we sit, God gives us rest and then gives us rules for how



we should walk His path. That's like the lily pads. We're called to walk God's path and not falter or fall off the sides.

Unfortunately, when we walk, we always fall off the side. We slip. We fail to follow God's path or follow His instructions. When this happens, we try to keep walking. We get stubborn and think that we can walk all on our own. Forget God and His rules, we can walk and endure this life all on our own!

But God's intention is for us to turn back to Him. To realize that we need to go to our first position: sitting. When we endure, it starts with sitting – but we don't just sit one time and walk for the rest of forever. We are continually invited to sit with God, even amid our walking.

Exodus 19 – Sitting at Sinai

If your group didn't take too long to complete the activity, you can split into small groups. If they did take a while, do this as a large group.

Have a volunteer read Exodus 19:1-7. Then ask these questions:

- *How long have the Sons of Israel been traveling by this point?*
- *Where has God brought the Sons of Israel? What do you know about this place?*

***Say to your group:** Moses and the Sons of Israel had been traveling for 3 months by this point. After 3 long months, God brings them to the base of what we call Mount Sinai. There, God gives the Sons of Israel His rules because He is setting them apart and making them His people.*

Flip through the next few chapters of Exodus. The next twelve chapters are all God's rules for the Sons of Israel. The 10 Commandments are there, but then there are a bunch of other rules that the Sons of Israel need to follow.

Exodus 32 – The Golden Calf

Have a volunteer read Exodus 32:1-14, then discuss these questions:

- *Why (other than being sinful) do the Sons of Israel make the golden calf?*
 - They're starting to wonder how long Moses has been gone. They're getting restless. They want to DO something.
- *What is God's response to the Sons of Israel's golden calf?*
 - God is angry, and rightfully so. He's ready to destroy them for turning their back on Him after everything He's done for them.
- *What does Moses do?*
 - Moses pleads to God on behalf of the Sons of Israel. He pleads to God to have mercy, even though the Sons of Israel don't deserve it.

***Say to your group:** Most people believe that Moses and the Sons of Israel spend around a year at Mount Sinai. They spend a full year sitting – no walking or even inching towards the Promised Land. Even before the Sons of Israel create a calf out of gold to worship – forgetting God, who literally brought them there! – God knew they needed to rest. God knew that for the Sons of Israel to endure to the Promised Land, they needed to sit. They needed a refresh – a restart.*



But they don't agree with God. They want to keep going, to keep walking, to keep doing something. They're brought to the mountain to sit in the glory of God (see Exodus 19:16-19). To be filled up before starting out again toward the Promised Land.

Think back to our activity tonight/today. You had to restart constantly. You broke the rules time and time again and were brought back to "square one." And you hated it.

But think about how gracious that is. Every time you messed up, you got another chance at it. Every time you failed, you got to talk things over and strategize how to complete the activity. Eventually, after trying and failing, you finally succeeded. You succeeded because you were able to restart.

We try to walk without sitting with God. We try to endure without Him. We say, "I sat with Him a few days ago – that's enough – I can do this myself!"

But walking always leads us back to sitting. Walking is tiring. When we get tired, we're invited to sit with God. To restart and be refreshed. God, out of His generous love, gives you a restart every day. He forgives your sins and invites you to walk His paths.

As you endure life on this side of heaven, remember that you cannot walk all the time. You aren't strong enough. And when you remember this, sit with Your heavenly Father – where He gives you rest and a restart.

- *When are you most tempted to try and do things on your own or with your own rules?*
- *Where are we reminded that we need God and are given forgiveness for the times we disregard His rules?*
 - We are refreshed in God's Word and Sacrament. When we come to worship on Sunday, we are reminded of what God has done for us and the gifts he has given. We get forgiveness for trying it our own way.

Prayer

If your group already has established methods of prayer, add a prayer that we take time to sit with God – not just when we face adversity, but every day. If you need a pray to say, feel free to use this:

"Dear God, thank You for providing us rest and places to sit. Help us to turn to You, even while we walk Your paths. Remind us that we endure when we sit in and with You. In Jesus' name. Amen."





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STUDY FOUR: SPIES TO CANNA AND THE DEATH OF MOSES - STANDING

In this study, participants will learn about standing. Standing is what it sounds like: standing firm in one's faith in God. Participants will learn how we endure by sitting, then we walk in God's ways, then we stand in the foundation God has laid for us. Participants will see standing from the viewpoint of Caleb, Joshua, Moses and Aaron as the Sons of Israel are on the doorstep of the Promised Land. They will also be reminded that while we do not sit, walk, or stand perfectly that God is still faithful and generously loving towards us through His showing Moses the Promised Land before he dies, then buries Moses.

This study does not have an activity. You are encouraged to do an ice breaker and play your group's favorite game before or after the study.

Review Questions:

- *What does it mean to sit?*
- *What does it mean to walk?*
- *When it comes to enduring, where do we start?*

Say to your group: We've gone through how we endure by sitting in and with God, trusting in His promises to fight for us. We've seen how we are then called to walk in His ways as we endure – to follow His paths. Often, that leads us back to sitting, which is good and what God intends. Today, we're going to look at what it means to STAND.

When we think about enduring, we often think first of walking or standing. When we endure, we want to do something (walking). There are times we want to stand up against the hardship or struggle we're facing. And that's good – so long as we sit first.

Standing is what it sounds like: standing our ground against adversity. But when we stand, it isn't on our own or in our own foundation. We stand in the foundation that Christ lays for us in His death and resurrection. We talked about sitting as trusting that God fights for us and walking as trusting that God's ways are best. Standing is trusting firmly that the Holy Spirit is with us to in the promises and faithfulness of God.

Let's look at how the Sons of Israel did with standing. Perhaps the best place to see this is when they're at the doorstep of the Promised Land for the first time.



Ask for volunteer readers to read sections of Numbers 13:1-2, 17-21, 23, 26-14:31. We suggest the divisions you see below. We also suggest having some of your adult leaders read as well.

Have a volunteer read Numbers 13:1-2 and 13:17-21, and another read Numbers 13:23, 13:26-29. Then discuss these questions briefly.

- *Why do you think God has Moses send men to check on Canaan if He's going to give it to them?*
 - He, once again, wants to see if they will trust Him. He no doubt knows the folks living in the Promised Land will scare the Sons of Israel – but He wants them to sit, walk, and stand with Him.
- *Do the men sent to check out Canaan do what they're told?*
 - They do! They walk just like they're told.
- *What's the problem with the report of 10 of the men? What are they forgetting?*
 - They come back and give a good report of the Land. But they're terrified of the people already living in the Promised Land. When it comes time for them to stand firm, trusting that God will GIVE IT TO THEM, walking and trusting that God's path is best, they don't. They chicken out. Taking the Promised Land will be too much work for them.

Have a volunteer read Numbers 13:30-33 and another read Numbers 14:1-4. Then discuss briefly these questions:

- *What do you like about Caleb's response?*
 - He clearly trusts that God will fight for and provide for the people. He trusts that God is going to do what He said He would do and give them the Promised Land. He stands FIRM in the promise that God made them.
- *What is the adversity all the Sons of Israel (including Moses, Aaron, Caleb, and Joshua) are facing again?*
 - It isn't the people – God promised to take care of that (Num. 13:1-2). The adversity they're facing is their own fear and lack of trust in God's promises and paths. All this leads them to fail to stand firm.
 - Moses, Aaron, Caleb, and Joshua are facing adversity from the people.
- *Does Numbers 14:1-4 look familiar to you?*
 - It should – we've seen them make this complaint every week so far.
- *Ask yourself: Do you ever get like the 10 bad men and Sons of Israel when you face adversity?*

Have a volunteer read Numbers 14:5-9 and discuss this question:

- *What do you like best from the response of Moses, Aaron, Joshua, and Caleb?*
 - V.7 – The land is exceedingly good
 - V.8 – God will lead them to the land and give it to them!
 - V.9 – Don't make God mad! Don't be afraid! God is with us!
 - Overall – Moses and the boys try to encourage the people to stand firm in their faith!
- *What are Moses, Aaron, Joshua, and Caleb standing firm in?*
 - The promise of God that He will give them the land.



You read aloud Numbers 14:10-19 and say: The people refuse to stand. They refuse to trust that God – who has done SO MUCH for them – will give them the land He promised them. And that does not make God happy. He's ready to start over – start a new group of the Sons of Israel with Moses.

But Moses reminds God that while the people are stinkers and keep turning away from Him, God is generous and loving. He reminds God of all that God has done for the Sons of Israel in getting them to this point. He then asks God, according to His generous love, to forgive the sins of the Sons of Israel. But, as we'll read next, there are consequences to sin...

Have a volunteer read Numbers 14:20-25 and another read Numbers 14:26-31. Then discuss these questions:

- *What is the consequence for the Sons of Israel not trusting in God?*
 - Since they didn't sit, walk, or stand in and with Him, God doesn't allow anyone under 20 – except Joshua and Caleb – to enter the Promised Land. And they are only able to do that after 40 years wandering in the desert...
- *Do you think that is a fair punishment?*
 - It doesn't really matter, because God is God, and we aren't... A less harsh way to say this would be: We never like punishments or consequences to sin. Ultimately, they're used by God to lead His people back to first position – sitting.
- *What good news is kind of hidden in God's punishment of the Sons of Israel?*
 - God is going to let the children of the folks that refused to trust Him take the Promised Land.

Say to your group: We often fail in the same ways as the Sons of Israel. There are times where the hardships and adversity we face seems too much. There are times that it IS too much. There are times where the difficulties we face don't go away, even when we sit, walk, and stand; Times where the hardship seems to get harder!

Standing is based in the foundation of Christ – in the hope of Christ. We stand in the hope that one day we will overcome by the generous love of God.

Moses, as great as a leader he was for God and the Sons of Israel, also struggled to sit and let God fight and provide for him, to walk in God's ways, and to stand firm. Because of this, he isn't allowed into the Promised Land either (Num. 20:12).

But God is still generous and loving to Moses. After 40 years of wandering the desert, God brings Moses, Caleb, Joshua, and the new generation of the Sons of Israel back to the doorstep of the Promised Land. God tells Moses to climb a mountain...

Read Deuteronomy 34:1-6, then say:

Even though Moses wasn't always faithful to God – even though Moses didn't always sit with God, walk God's paths, and stand firm in and with God while enduring the Sons of Israel in the desert, God is generous and loving.



God shows Moses the Promised Land. He shows them the land He promised not just to Moses and the Sons of Israel, but to Abraham, Isaac, and Israel himself, Jacob. God shows Moses that while he wasn't great at enduring, God was and still is. God shows Moses that He keeps His promises, that walking His ways are good, and that standing firm in His foundation is how we endure. And God, out of His generous love, buries Moses.

Enduring starts with sitting and trusting that God will fight for us; That He will keep His promises for His people. It then moves to walking and standing, following God's paths and standing firm in the foundation He sets for us. But this isn't a simple three step process you follow to make everything better again!

As we saw in our reading from Numbers, and in the previous weeks, that's not always how enduring works. Moses, Aaron, Caleb, and Joshua sit, walk, and stand – yet the Sons of Israel try to stone them! Moses tries to stand firm, but even he fails and forgets to sit and trust in God's faithfulness.

Discuss these questions:

- *When have you been challenged to stand firm on God's promises and the hope of Christ?*
 - As participants share, be sure to follow up with how God provided either support (His Word, Worship, etc.) or forgiveness.
- *Is it easier to sit, walk or stand with God? Why?*
 - This might be a great tool to assess how they understand these terms.

Say to your group: When we face adversity and hardship, we are always called to sit first. To trust that God will fight and provide for us. There are times when you'll only walk or stand for a little bit and need to sit longer because the adversity you face doesn't go away and the hardship seems to get harder.

But we've seen that God is faithful to His people. He did exactly what He said He would do for them time and time again. This includes sending Jesus as our savior so that we can be forgiven. God may end the hardship, struggles, and adversities we face in this life. But even if He doesn't, He provides us eternal rest in His heavenly home. A land He has promised to prepare a room for you and for me (John 14:2-3).

God is faithful. So, we sit and trust in His promises, standing firm in them as we face adversity, knowing that He will provide for us time and time again.

Prayer

If your group already has established methods of prayer, add a prayer that we take time to sit with God – not just when we face adversity, but every day. If you need a pray to say, feel free to use this:

"Dear God, thank You for providing us a firm foundation that we can stand in. Help us to stand in faith with You when we face struggles. As we endure the hardships of this world, remind us that You continually invite us to sit and let You work for us. Remind us that even when we stand, we only do so because of Your solid foundation. Daily remind us and help us cling to the promise that You have taken care of everything in this world and the next. In Jesus' name. Amen."

