



# EXODUS

THE GOSPEL BEFORE  
THE GOSPEL



福音之前的福音

出埃及记

'God said to Moses,  
"I AM WHO I AM.  
This is what you are to say  
to the Israelites:  
'I AM has sent me to you.'"

- Exodus 3:14 -

上帝对摩西说：

「我是自有永有的」；

又说：「你要对以色列人这样说：

『那自有永有的差派我到你们这里来。』」

出埃及记3:14

# EXODUS: THE GOSPEL BEFORE THE GOSPEL

In the Hebrew calendar the year is currently 5703. This is because the Hebrew calendar dates back to the Exodus. This shows us the significance of the escape from Egypt in the psyche of a people whose ancestors were freed slaves. The Exodus is big news and it's good news.

The reason we decided to title this Exodus series, 'The Gospel before the Gospel', is that in many ways the events described in the book of Exodus foreshadow the Gospel of Jesus. Romans 6:20 reminds us that we were once slaves of sin under the power of a merciless enemy. As God raised up Moses in the wilderness to prophesy against Pharaoh, so God raised up John in the wilderness to prophesy against Herod. As the blood of the lamb covering the doorframes of the people in Egypt protected them from death, so the blood of the Jesus, the Lamb of God, now covers us and gives us new life.

These are just three examples of rich parallels between the good news in Exodus and the good news found in Jesus' life, death, resurrection, and ascension.

The Gospel is good news for all people. Knowing and understanding the book of Exodus helps us understand the gravity of what God has done through Jesus. Diving into the drama and wonder of this amazing story helps us appreciate how deep, high, and wide the Father's love is for us. Understanding that one day we will enter our own Promised Land (the new heaven and earth) to be with Jesus our Saviour for all eternity is too wondrous for us to comprehend this side of glory.

I hope and pray this study through Exodus will bring you closer to God and leave you in awe of the good news Christians have to share!

Every blessing,  
*Rev'd David Browne*  
*Dalby Anglican*

# 出埃及记： 福音之前的福音

希伯来历是可以追溯到出埃及记的历法，而在希伯来历中，今年是5703年。这向我们展示了逃离埃及是对曾是奴隶的先祖们非常重要的民族意义。出埃及既是一件大新闻，也是一个好消息。

我们决定将《出埃及记》系列命名为《福音之前的福音》，是因为《出埃及记》中描述的事件在很多方面都预示着福音。罗马书 6:20提醒我们，在无情敌人的权势之下，我们曾经是罪的奴隶。上帝怎样在旷野兴起摩西对法老发预言，上帝也同样地在旷野兴起施洗约翰对希律发预言。正如羔羊的血覆盖了以色列民的门框，保护他们免于死亡，耶稣（上帝的羔羊）的血现在也覆盖了我们，并给了我们新的生命。

这些只是出埃及记中的好消息与耶稣的生命、死亡、复活和升天中的好消息之间丰富相似的三个例子。

福音对所有人来说都是好消息。认识和理解出埃及记有助于我们理解上帝通过耶稣所做之事的重要性。深入这出剧目，并让自己惊讶于这个令人惊奇的故事中，可以帮助我们体会天父对我们的爱是何等长、阔、高、深。我们终有一天将进入自己的应许之地（新天新地），与我们的救主耶稣永远在一起，而这难以理解的荣耀，对我们来说实在太奇妙了。

我盼望并祈求，通过研读出埃及记，将使您更接近上帝，并让您对基督徒必须分享的好消息感到敬畏！

David Browne 牧师  
Dalby 牧区





# THE BASKET - ESCAPE FROM THE WATER

WEEK 1

**Warming up:** Has there ever been a time where you have experienced care and providence in an unlikely situation?

## **Read: Exodus 2:1-10**

1. What stands out to you in this passage, and why?
2. Read Matthew 2:16-18. What similarities do you notice at the time of the births of Moses and Jesus?
3. In v.2 we read “he was a fine child” - what do you think this means?
4. Describe the actions taken by Moses' parents to protect him.
5. What does the act of Moses' mother placing him in a basket and putting him in the Nile River reveal about her faith and trust in God's providence?
6. What can we learn from their courage and trust in God during a time of great peril?
7. The Hebrew word translated 'basket' in v.3 is actually the same word used for the 'ark' in Genesis 6-9. How do these two passages help us to understand the symbolism of being “brought safely through water” in 1 Peter 3:20-21?
8. Read Hebrews 11:23-28. What do you learn about the faith of Moses and his parents from these verses? How do they point forward to the life and work of Jesus according to Hebrews 12:1-3?

**Rubber hits the road:** How can this passage encourage us to trust in God's plan and purpose for our lives? And in what ways can we encourage each other to see God's providence at work in our lives today?

## **Prayer**

Heavenly Father, you are our provider and our protector. Help us when we are misled by our temptations and seek our needs elsewhere. Strengthen our faith and trust in your plan and purpose for our lives.  
Amen.



# 箱子——从水中逃离

## 第1周

**热身：** 您是否曾经在不太可能的情况下经历过上帝的保护和照顾？

### **研读：出埃及记2:1-10**

1. 这段经文中什么让您印象最深刻，为什么？
2. 阅读马太福音 2: 16-18。您注意到摩西和耶稣出生时有哪些相似之处？
3. 在第 2 节中，我们读到“见他俊美”，您认为这意味着什么？
4. 描述摩西的父母为保护他所采取的行动。
5. 摩西的母亲将他放入箱子并放入尼罗河的行径，表明了她对上帝的旨意有甚么的信心和信赖？
6. 在巨大危险中，我们可以从她们的勇气和对上帝的信任中学到什么？
7. 在2:3中被翻译为“箱子”的希伯来文实际上与创世记6-9中用于“方舟”的词是相同。这两段经文如何帮助我们理解彼得前书3:20-21中“藉着水得救”的象征意义？
8. 阅读希伯来书11:23-28。关于摩西和他父母的信心，您从这些经文中学习到什么？根据希伯来书12:1-3，他们如何指出耶稣的生活和工作？

**实践：** 这段经文如何鼓励我们相信上帝对我们生命的计划和目的？我们可以通过什么方式互相鼓励，看到上帝的旨意在我们今天的生活中发挥作用？

### **祷告：**

天父，祢是我们的供应者和保护者。  
当我们受诱惑并在别处寻求我们的需求时，请帮助我们。  
求祢加强我们对祢的计划和人生目标的信心和信任。  
阿门。





# THE BURNING BUSH - ESCAPE FROM THE ORDINARY

## WEEK 2

**Warming up:** Have you ever been reluctant to do to something you felt God was asking you to do?

### **Read: Exodus 3:1-15**

1. Thinking back to chapter 2, why was Moses tending sheep and not living in Egypt?
2. Moses led his flock to Horeb which is also known as Sinai. Where else is this mountain mentioned in the Bible? Why is it famous? (You may need to use a Bible dictionary or Internet to help you)
3. Read vv.2-4 slowly. Who are the three people present in these verses? Why do you think the fire “did not burn up”? What was the fire?
4. Why was the ground around the bush holy ground? What does this mean?
5. What does God say he has seen? Why is he sending Moses back to Egypt?
6. What sign will God give Moses to prove that he has sent him? Why do you think this sign will be shown after all the events have happened?
7. What is significant about the way that God introduces himself?
8. What do you think God is saying when he tells Moses that his name is “I AM WHO I AM” (or “I WILL BE WHAT I WILL BE”)?
9. What else stands out to you in the passage?

**Rubber hits the road:** Take some time and allow God to re-introduce himself to you. Give him time and space to speak so that he can tell you what he sees and into what areas he is asking you to influence.

### **Prayer**

Holy God, thank you for making yourself known to us not only as the God of our forefathers, but also in the persons of Jesus Christ and the Holy Spirit. Thank you for drawing close to us, and for calling each of us forward into action despite our weaknesses. May we know your holiness and walk in your ways with faithfulness and with courage. Amen.





# 燃烧的荆棘——逃离平凡

## 第2周

**热身：** 您是否曾经不愿意做一些您认为上帝要求您做的事情？

### **研读：出埃及记3:1-15**

1. 回想第二章，为什么摩西放羊而不是留在埃及？
2. 摩西带领他的羊群前往何烈山，也称为西奈山。圣经中还在哪里提到过这座山？为何这么出名？（您可能需要使用圣经词典或搜索互联网来帮助您）
3. 慢慢阅读第2-4节。这段经文中出现的三个人是谁？您认为为什么火“没有烧尽”？那火到底是甚么？
4. 为什么荆棘周围的地面是圣地？这是什么意思？
5. 上帝说祂看见了什么？为什么祂要把摩西送回埃及？
6. 上帝会给摩西什么神迹来证明祂差遣了他？您认为为什么在所有事件发生后会出现这个神迹？
7. 上帝向摩西介绍自己的方式有何重要意义？
8. 当上帝告诉摩西祂的名字是「我是自有永有的」时，您认为祂在说什么？
9. 这篇经文中还有什么让您印象深刻的？

**实践：** 试在本周花一些安静的时间，让上帝重新向您介绍祂自己。给祂说话的时间和空间，让祂可以告诉您祂所看到的和祂想您在何处带来影响。

### **祷告：**

圣洁的上帝，感谢祢让我们不仅知道您是我们祖宗的上帝，  
而且也知道祢是耶稣基督和圣灵。

感谢祢走近我们，并召聚我们，尽管我们每个人都有弱点，  
仍能为祢作工。愿我们认识祢的圣洁，  
并以忠诚和勇气走在祢的道路上。阿门。



# THE PLAGUES - ESCAPE FROM THE PLAGUES WEEK 3

**Warming up:** If you had to pick between keeping a frog, a snake, or a pig as a pet in your house, which would you choose and why?

## **Read: Exodus 8:1-15**

1. After meeting the LORD in the burning bush, Moses is sent to tell Pharaoh to let the Hebrew slaves go. Pharaoh refuses and ten plagues hit Egypt (See Exodus 7:14-11:10). What happens with this plague of frogs?
2. What is the consequence of Pharaoh's hard-heartedness? How is the plague stopped? What happens after the frogs are gone?
3. What do you think it would have been like to live through the plague?
4. In v.9, why does Moses leave Pharaoh to decide when the plague stops?
5. One of the Egyptian gods took the form of a frog (Heqet). What was the Lord showing the Egyptians about himself in the plague?
6. What is God showing the Hebrew people about himself?
7. Why do you think Pharaoh hardened his heart in v.15? What does this show us about hard-heartedness?
8. The plague of frogs were a form of judgement poured out on Pharaoh and the Egyptians for the hard-heartedness. How does Jesus take the judgement we deserve and soften our hearts?

**Rubber hits the road:** How can we soften our hearts toward God? How can we keep one another accountable and avoid hard-heartedness?

## **Prayer**

Lord Jesus, please soften my heart. Thank you that at the cross you took my judgement upon yourself and died to atone for my sin. Help me cherish the freedom you won for me and share your goodness with my neighbours. Amen.

# 蛙灾——逃离灾祸

## 第3周

**热身：**如果您必须在家里饲养宠物，并在青蛙、蛇或猪之间作出选择，你会选择哪一个，为什么？

### **研读：出埃及记8:1-15**

- 1.在燃烧的荆棘中与上主会面后，摩西被派去告诉法老放走作奴隶的以色列人。法老拒绝了，十灾降至埃及（见出埃及记 7:14-11:10）。这场蛙灾会发生什么？
- 2.法老的铁石心肠有什么后果？灾祸是如何停止的？青蛙消失后会发生什么？
- 3.您认为经历过灾祸会是什么样子？
- 4.在第9节中，为什么摩西让法老来决定灾祸何时停止？
- 5.埃及诸神之一的化身为青蛙（Heqet）。在灾祸中，上主向埃及人展示了什么？
- 6.上帝向希伯来人展示祂自己的什么？
- 7.您认为法老为什么在第15节中硬起心来？这向我们展示了什么样的心硬？
- 8.蛙灾是对法老和埃及人心硬的惩罚。耶稣如何替我们接受应得的审判并软化我们的心

**实践：**我们怎样才能软化我们对上帝的心？我们怎样才能让彼此承担责任并避免变得心硬？

### **祷告：**

主耶稣，求祢软化我的心。感谢祢在十字架上承担了我的审判，并为我的罪而死。请帮助我珍惜祢为我赢得的自由，并与我的邻舍们分享祢的恩慈良善。阿门。





# THE PASSOVER - ESCAPE FROM DEATH

## WEEK 4

**Warming up:** What rules or customs does your family have at mealtime?

**Read: Exodus 12:1-14**

1. What stands out to you in this passage, and why?
2. What commands did God give to the Israelites in preparation for what is about to happen?
3. What might be the purpose for these actions? How does Hebrews 11:28 shed additional light on this passage?
4. According to Exodus 12:5, what kind of lamb was required and what is significant about this?
5. How is spreading the blood on the doorposts an act of faith and obedience? What will God do for those who trust him, his commands, and his means of escape?
6. God surely could have accomplished the Exodus without the death of all the firstborn of Egypt. Why do you think he chose to do it this way?
7. How does Israel's rescue through the Passover meal in Exodus 12:1-13 point to something more and serve as an example of our own rescue in Jesus?
8. How are we redeemed and made acceptable before God according to 1 Peter 1:18-19, Romans 5:9, Ephesians 1:7, and Hebrews 13:12?

**Rubber hits the road:** Spend some time this week reflecting on Hebrews 9:14 and write down what it means for you to be washed with the blood of Christ so you can serve God as a disciple of Jesus. If you feel able to do so, share this with a trusted friend or your Bible study group next week.

### Prayer

Loving God, we give you thanks for your Son, our saviour Jesus Christ. We thank you that through his life, death, and resurrection you have taken away the fear of death and given us eternal life. Help us to never take for granted this gracious gift and give us the strength to share this good news with everyone around us. Amen.





# 逾越节——逃离死亡

## 第4周

**热身：** 您的家人吃饭时有哪些规则或习俗？

**研读：出埃及记12:1-14**

1. 这段经文中什么让您印象最深刻？为什么？
2. 为准备即将发生的事情，上帝向以色列人发出了哪些命令？
3. 这些行动的目的可能是什么？希伯来书 11:28 如何进一步阐明这段经文？
4. 根据出埃及记12:5，需要什么样的羊羔？这有什么重要意义？
5. 在门框上蘸血如何算作信心和顺服的行为？上帝会为那些相信祂、听从祂的命令和祂的逃生方法的人，做些什么？
6. 上帝当然可以在埃及所有长子不死的情况下完成出埃及。那么您认为祂为什么不这样做呢？
7. 出埃及记12:1-13中以色列人透过逾越节晚餐获得的拯救，如何引伸更多的意义，并成为我们自己在耶稣里得到拯救的例子？
8. 根据彼前书1:18-19、罗马书5:9、以弗所书1:7和希伯来书13:12，我们如何被救赎，并在上帝面前蒙悦纳？

**实践：** 试在本周花一些时间思考希伯来书9:14，并写下被基督的宝血洗净以致你成为基督的门徒而事奉祂，对您有着什么的意思。如果您觉得可以，请在下周与您的小组分享。

**祷告：**

慈爱的上帝，我们为祢的儿子我们的救主耶稣基督向您表示感谢。

我们感谢祢，借着祢的生命、死亡和复活，

祢消除了我们对死亡的恐惧，并赐给我们永生。

请帮助我们永远不要认为这份仁慈的礼物是理所当然的，

并给予我们力量去分享这个好消息。阿门。



# THE RED SEA - ESCAPE FROM EGYPT

WEEK 5

**Warming up:** Have you ever escaped after being trapped somewhere? How did you escape?

**Read: Exodus 14:19-31**

1. What three words would you use to describe this passage and why?
2. How did the Israelites come to be on the shores of the Red Sea?
3. How would you have felt walking out onto the ocean floor with walls of water on either side?
4. What do the actions of the Hebrew people show us about their faith?
5. Why was the Egyptian army chasing the Hebrew people? What were they there to do?
6. The Egyptian army was one of the most powerful armies the world had ever seen at the time. How does God protect his people from them?
7. The deaths of all the Egyptian soldiers should shock us. What does this part of the story tell us about God and the way he rescues his people?
8. At the cross our greatest enemies - Satan, sin, and death - are totally defeated and we are rescued. What parallels are there between this story and the story of the cross?
9. V.31 speaks of how the people responded to God after he rescued them. How should this inform our attitude to God today?

**Rubber hits the road:** How can we remind ourselves of the way that Jesus has rescued us this week? How can we remind each other of this great truth?

## Prayer

Loving heavenly Father, thank you that at the cross you dealt with our greatest enemies - Satan, sin, and death - once and for all.

Please help us to leave our old lives behind and look forward to the future you have before us. Help us to run with perseverance the race you have marked out for us. Amen!



# 红海——逃离埃及

## 第5周

**热身：**您有没有曾被困在某个地方后逃脱过？您是怎么逃出来的？

### **研读：出埃及记14:19-31**

- 1.您会用哪三个词语来描述这段经文？为什么？
- 2.以色列人是怎样来到红海岸边的？
- 3.如果您走进海中，两边都是水墙，你会有什么感觉？
- 4.以色列人的行为向我们展示了他们什么的信仰？
- 5.埃及军队为什么追赶以色列人？他们有什么可做的？
- 6.埃及军队是当时世界上最强大的军队之一。上帝如何保护他的子民免受这些侵害？
- 7.所有埃及士兵的死亡应该让我们震惊。关于上帝拯救他子民的方式，故事中的这一部分告诉我们什么？
- 8.在十字架上，我们最大的敌人：撒但、罪恶和死亡都被彻底击败，我们得救了。这个故事和十字架的故事有什么相似之处？
- 9.第31节谈到上帝拯救以色列人之后，他们如何响应上帝。这应该如何影响我们今天对上帝的态度？

**实践：**我们如何在本周提醒自己耶稣拯救我们的方式？我们怎样才能互相提醒这个伟大的真理呢？

### **祷告：**

慈爱的天父，感谢祢让主耶稣在十字架上一次并永远地克胜了我们最大的敌人：撒但、罪恶和死亡。请帮助我们吧旧我抛诸脑后，展望我们面前的未来。帮助我们坚持不懈地跑完您为我们指定的路程。  
阿门！





# THE COMMANDMENTS - INTO FREEDOM

## WEEK 6

**Warming up:** Do you know the Ten Commandments off by heart? How much of an impact have the Ten Commandments had on your life?

**Read: Exodus 20:1-20**

1. What does v.2 tell us about God and us? Why should we have no other gods?
2. Why is idolatry a problem? What are our modern-day idols?
3. How do you feel when people put you down or try to give you a bad name? What's wrong with misusing the Lord's name?
4. Why is it important to rest one day per week? When is your day off?
5. What does honouring your father and mother look like in your life?
6. In Matthew 5:21-22, Jesus interprets the sixth commandment. Can we break this commandment even if we haven't ended the life of another?
7. Why is being faithful to your spouse so difficult in the 21st century? What impact do thriving and faith-filled marriages have on the world today?
8. How would you define 'stealing'? Have you ever had something stolen from you? Have you even been tempted to steal something?
9. Where do lies affect your life the most? How can we be people of truth?
10. Is coveting wrong? Why/why not? How can we encourage contentment?

**Rubber hits the road:** Which commandments do you struggle with the most? How can you work towards keeping them this week?

### Prayer

Lord God, forgive me for breaking your commandments.

Lord Jesus, thank you for dying to set me free from sin.

Holy Spirit, help me flee from sin and live in step with your will and your ways. Amen.





# 诫命——进入自由

## 第6周

**热身：**您熟记十诫吗？他们对您的生活产生了多大的影响？

### **研读：出埃及记20:1-20**

1. 第2节告诉我们关于上帝和我们的什么？为什么我们不能有别的神呢？
2. 为什么偶像崇拜是一个问题？我们现代的偶像是什么？
3. 当人们贬低您或试图给您带来坏名声时，您有何感受？错用主的名有什么问题呢？
4. 为什么每周休息一天很重要？您什么时候休息？
5. 在您的生活中，孝敬父母是什么样的？
6. 在马太福音5:21-22中，耶稣解释了第六条诫命。我们能否在没有结束另一个人的生命下违反这条诫命？
7. 为什么在21世纪对配偶忠诚如此困难？忠诚健康的婚姻对当今世界有什么影响？
8. 您如何定义“偷窃”？您是否曾经被偷过东西？您有没有想过要偷东西？
9. 谎言对您生活影响最大的是是什么？我们怎样才能成为诚实无妄的人呢？
10. 贪图有错吗？为什么呢？我们怎样才能鼓励知足呢？

**实践：**哪些诫命是您最难以遵守的？这周您如何努力守住它们？

### **祷告：**

主上帝，请原谅我违反了祢的诫命。

主耶稣，感谢祢的死使我摆脱了罪孽。

圣灵请帮助我逃离罪恶，并按照祢的意愿和道路生活。阿门。

'Then Moses stretched out his hand over the sea, and all that night the LORD drove the sea back with a strong east wind and turned it into dry land. The waters were divided, and the Israelites went through the sea on dry ground, with a wall of water on their right and on their left.'

- Exodus 14:21-22 -

摩西向海伸手，  
上主就用强劲的东风，  
使海水在一夜间退去，  
海就成了干地；水分开了。  
以色列人下到海中，  
走在干地上，  
水在他们左右成了墙壁。

出埃及记14:21-22



**Sunnybank**  
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**HOLY SPIRIT**  
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Dalby