



Sabbath School Lesson

THIRD QUARTER, 2025

Seventh-day Adventist Church® *South Pacific*

EXODUS



Discovery

BIBLE READING

Follow These Simple Steps:

1. Ask the Holy Spirit to guide the group.
2. Read the key passage twice, then someone retells the passage in their own words.

3. Discuss the following questions:

- What is new?
- What surprises you?
- What don't you understand?
- What will you obey / apply?
- What will you share with someone else this week?

1. Oppression: The Background and the Birth of Moses

EXODUS 1:8-22

Exodus 2:1-22 + Galatians 3:15-29

2. The Burning Bush

EXODUS 3:1-22

Exodus 4:1-17 + Genesis 22:11-18

3. Rough Start

PSALM 73:16-28

Exodus 6:1-13 + Exodus 6:28-7:7

4. The Plagues

EXODUS 7:7-20

Exodus 10:21-29 + Isaiah 44:9-20

5. Passover

EXODUS 11:1-10

Exodus 12:11-28 + 1 Corinthians 5:1-8

6. Through the Red Sea

EXODUS 12:33-42

Exodus 13:17-22 + Exodus 14:13-22

7. The Bread and Water of Life

EXODUS 16:1-17

Exodus 17:1-7 + 1 Corinthians 10:1-13

8. Covenant at Sinai

EXODUS 19:1-20

Exodus 20:1-20 + Romans 10:1-13

9. Living the Law

EXODUS 22:16-31

Exodus 23:1-9 + Romans 12:9-21

10. The Covenant and the Blueprint

EXODUS 24:1-11

Ezekiel 36:22-28 + 1 Corinthians 11:23-34

11. Apostasy and Intercession

EXODUS 32:1-14

Psalms 115:1-11 + Isaiah 53:1-12

12. "Please, Show Me Your Glory"

EXODUS 33:12-34:9

Exodus 34:29-35 + 2 Corinthians 3:4-18

13. The Tabernacle

EXODUS 35:1-21

Exodus 40:30-38 + John 1:1-14