

GET TO KNOW ONE ANOTHER

What's a time when a trip or event didn't go the way you expected but ended up being memorable or meaningful anyway?

PRAYER

Spend some time in prayer for each other.

HELPFUL BACKGROUND

The Disappointment Gap Israel left a lush oasis (Elim) only to find themselves in a desolate place. The gap between what they expected and what they received triggered grumbling. Our unmet expectations can reveal what we truly depend on and what satisfies us.

Sabbath Rest This is the first time "rest" is legislated in the wilderness. God instructs Israel not to gather food on the seventh day, training them in dependence, and trust. Obedience meant stopping to trust God and practice finding satisfaction in him.

Jesus as the True Bread John 6 connects this story to Christ: "I am the Bread of Life." The manna pointed forward to Jesus, who satisfies not just physical hunger but our deeper spiritual need for salvation and communion with God.

KEY OBSERVATION QUESTIONS

Read the verses referenced in the questions below from Exodus 16:1-30.

1. What do verses 1–3 reveal about the Israelites' attitude and memory of Egypt?
2. How does God respond to their grumbling in verses 4–5? What's surprising about His response?
3. In verses 13–15, what stands out to you about how God provides? Why do you think the people asked, "What is it?"
4. What were the specific instructions God gave regarding collecting manna (vv. 16–30)? What do imagine these instructions are designed to teach?
5. What happens when the people try to hoard manna or gather it on the Sabbath?

SPIRITUAL GROWTH

1. Share with the group an unmet expectation you have or have had in the past.
2. Walk through the questions below. Discuss your thoughts and reflections for each one as it relates to unmet expectations in your life.
 - a. Am I teachable in this moment?
 - i. What does it look like to be "teachable in this moment," especially when you're frustrated or confused?
 - b. Am I grumbling or going to God?
 - i. How can you intentionally bring your frustrations to God in prayer rather than projecting them onto others?
 - c. Am I recognizing God's provision?
 - i. In what ways have you overlooked God's provision in your life because it didn't match your expectations?
 - d. Am I satisfied with God's provision?
 - i. Where might God be asking you to stop hoarding or striving and instead trust His daily provision?
 - ii. How can you build a rhythm of Sabbath rest that reflects trust in God rather than productivity?
 - e. Is Jesus enough?

ACCOUNTABILITY Q&A

How are you feeding your soul?

How are you feeding your flesh?

How are you feeding others?

GET INVOLVED!

God gives each of us a gift to build his church! Join one of our ministry teams or mission partners! Email Jodi@trinitybible.org for more info and next steps.