

Delivered – Hangry

3/8/26

Exodus 15-16

Sunday AM

In the late 1990's a new word burst onto the scene that *Snickers* built an entire marketing campaign around that they're still using today. *Do you know the word?* Yep – it's the word – **hangry**. Hangry is that moment when physical hunger hijacks emotional stability and common courtesy and people allow their low blood sugar to affect their mood turning them into someone no one wants to be around – and **we've all been there**.

Have you ever been in the car on a family road trip? The trip starts great. Music is playing. The kids are talking and getting along enjoying the ride. But after a few hours w/out food, something changes. Impatience grows. Attitudes change. Laughter turns to sarcasm. Why? Everyone is getting hungry. And unless someone breaks out some snacks or stops at the next Bucee's – everyone will be in trouble – **HANGRY**.

This is exactly where we find Israel in Exodus 16. God has just delivered them thru the Red Sea – arguably the greatest miracle in history. And only a few weeks later when hunger sets in – the people become spiritually hangry. And of course, the complaints start flying.

Only their problem wasn't simply hunger. The deeper issue was that their physical condition exposed their spiritual condition – much like it does ours too.

But I have some good news today. There's a simple acronym to help us recognize the moment: H.A.L.T.

**Exodus 16** teaches us something vital about the human heart. When we're **Hungry, Angry, Lonely, or Tired**, we're spiritually vulnerable. And it's in these moments that we're most tempted to complain instead of trust – and we're more likely to take the bait of temptation and sin instead of trusting God to provide.

H – **HUNGRY** – When Little Leads to Distrust

W/out question, the Israelites were hungry. They had left Egypt w/ some food, but after a few weeks on the road, their food supply was running low. But their hunger exposed something deeper.

Their complaint wasn't really about food – it was about trust. Instead of remembering God's miracles and His ability to provide – they began to romanticize their slavery – *we sat by pots of meat and ate bread to the full*. Exodus 16:3

**Notice what they forgot.** They forgot the whips of the taskmasters, the cries of oppression, and the miracle of the Red Sea – b/c too often, if we're not careful, we can allow our physical needs to reveal a spiritual distrust. We think God has forgotten about us or that He's just not going to show up and provide. We allow our immediate circumstance to dictate our beliefs.

Like fear, hunger has a way of shrinking our memory of God's faithfulness. When we're depleted physically or emotionally, our faith can begin to wobble – and we can question God's provision, timing, and care.

*When we focus on the size of our problem instead of the greatness of God, discouragement is inevitable... b/c when we worry about tomorrow, we're saying we don't trust God to take care of us today.* C. Stanley

This is exactly what was happening in the wilderness. But notice something remarkable. God didn't respond w/ immediate judgment but w/ provision.

*Behold, I will rain bread from heaven for you.* 16:4

The same God who parted the Sea also provided for them w/ daily bread literally from the sky. And the truth is, sometimes God's greatest miracles aren't a dramatic rescue – but quiet, faithful provision.

Several years ago, we found ourselves in a place where we had more month than money and we needed a miracle. I was working (3) jobs trying to make ends meet – *and if I'm being honest* – writing the tithe check was one of the hardest things to do when I knew there wasn't enough money in the account to pay our bills. Yet we stepped out in faith and trusted God to provide. One day, after walking the girls to the bus, I noticed an envelope on our doorstep – and in it was a \$1,000 cashier's check. God provided!

I'm convinced God was teaching us that when we trust Him – even when it's hard – He is faithful to provide. B/c the next week, He provided another side job. The following week it was something else – b/c when we trust – He provides – and usually in creative ways.

*The Lord doesn't give His people a store of grace for months ahead, but He gives them grace enough for each day.* Spurgeon

When hunger drives us to distrust, God reminds us that the One who brought us out will also bring us thru.

A – **ANGRY** – When Frustration Turns to Complaint

Going hungry is one of those things that can quickly turn into anger. The text tells us the people grumbled against Moses/Aaron. But Moses explained – *Your grumbling isn't against us but against the Lord.* 16:8

**LBH** – Complaining about our circumstances often reveals a deeper issue – we're actually mad at God.

**DYK** – **Colossians 3** says the reason we get angry and start complaining is b/c we've made something other than God an idol in our lives. In this case, they took God off the throne to sit there themselves.

Anger is dangerous b/c it **distorts perspective**. Instead of seeing God's leadership, we perceive abandonment. Instead of recalling deliverance, we imagine disaster.

*The longer we dwell on our misfortunes, the greater their power to harm us.* Charles Swindoll

This is what complaining does – it magnifies the problem while shrinking our view of God. Instead of trusting him we turn to blaming Him. After all, life is 10% of what happens to us and 90% how we respond.

And this was Adam did in the Garden. Eve blamed the serpent and Adam blamed God for giving him Eve.

Israel did a similar thing in the wilderness. Instead of trusting the God who'd split the sea, they complained. Yet when God sent manna, He commanded them not to hoard it, but only gather what they needed for that day – b/c **hoarding reveals a heart that fears God might not provide tomorrow.**

We saw something similar during the pandemic at the grocery store. People rushed in and started stockpiling food/supplies. Shelves emptied overnight b/c people filled their carts w/ things they normally wouldn't buy – b/c fear/frustration make people grasp for control.

So, God was teaching them something powerful – that faith learns to trust God for daily provision, not stockpile security. And yet in His grace, God responded to their anger w/ undeserved mercy.

*At twilight you shall eat meat, and in the morning, you shall be filled w/ bread.* 16:12

God answered Israel's anger w/ provision not w/ judgment reminding us that His faithfulness isn't determined by our attitude but by His character.

### L – **LONELY** – When Isolation Breeds Doubt

There's a 3<sup>rd</sup> struggle in this text that the Israelites faced that we too often face in our lives – **loneliness**.

**DYK** – according to recent studies as much as ½ of Americans feel lonely on a weekly basis and that loneliness is the primary contributor to anxiety and depression among people b/w the ages of 18-34 – whether they're married or not.

**Loneliness** isn't simply being alone. It's the subjective experience of feeling disconnected, unsupported, or unseen by others, even when people are physically present w/ you. It's often described as a perceived lack of meaningful connection.

**Make no mistake** – the wilderness was an isolating place. No cities. No markets. No familiar structures. And when people feel alone, fear multiplies.

Loneliness makes us forget that God is present especially when circumstances feel uncertain. Israel felt abandoned – and yet, God was already preparing what they needed. In fact, Moses told them – *In the morning you shall see the glory of the Lord.* 16:7

**Truth** – the wilderness wasn't evidence that God had left them. It was evidence that God was leading them.

*God will often put us in situations where we're forced to rely on Him so we discover He is enough.* Keller

Sometimes our wilderness seasons feel awfully lonely. But those are the places where God is doing His deepest work in our hearts to draw us into intimacy w/ Him. He's inviting us to come closer.

I know I've shared this w/ you before – but it applies here precisely. Often, either at night when putting Colin to bed or early in the mornings when He gets up before the rest of the house and I go in and lay down w/ him – as I'm snuggling up close to him – he will say to me – COME CLOSER! What he is saying is that he wants me to hold him and love him b/c it gives him a sense of comfort and security. He knows that he is not alone and that he is seen and loved.

When we feel most alone, God is often doing His deepest work of reminding us that He has never left us.

### T – **TIRED** – When Weariness Weakens Faith

Traveling thru the wilderness had to have been exhausting. Physically tired people often become spiritually discouraged people b/c fatigue lowers our ability to trust. **Scripture gives us many examples:**

In **1 Kings 19**, Elijah reached a moment of complete exhaustion after his victory on Mt. Carmel. He collapsed under a tree and said: "It's enough, Lord. Take my life." But notice God's response. God didn't rebuke Elijah. Neither did God lecture Elijah. Instead, God gives him food, water, and rest.

**DYK** – sometimes the most spiritual thing a person can do is eat, sleep, and recover. God calls it a Sabbath.

**BTW** – Biblically speaking, we're to Sabbath daily in a quiet time and weekly in worship. We're to break away from the normal rat-race of life to connect w/ God and to connect w/ reality. Sabbath is essential not just to keep your sanity but to keep God on the throne.

The Israelites were tired – and their fatigue contributed to their complaining. But God’s response was daily mercy. Every AM manna appeared. Fresh. Sufficient. Enough – meeting them at the point of their need.

**DYK** that God wants to meet you every day at the point of your need to give you exactly what you need to live a God-honoring life that blesses others. You just have to want to meet w/ Him. Not a verse a day to keep the devil away – but a true come closer moment. A Sabbath of surrender when God becomes your gift.

*The man who has God for his treasure has all things in One. A.W. Tozer*

*Faith never knows where it is being led, but it loves and knows the One who is leading. Chambers*

In the wilderness, God was teaching Israel the same lesson He wants to teach us – dependence is learned daily. Manna wasn’t just bread. It was a picture of something greater. Centuries later, Jesus said:

*Your fathers ate the manna in the wilderness, and they died... I am the bread of life. John 6:49–51*

The manna sustained temporary life. But Christ sustains eternal life. The same God who rained bread from heaven in the wilderness has given the world the true Bread from heaven – Jesus Christ. The physical manna sustained them for a season. But Jesus – the Bread of Life sustains our souls forever.

**Exodus 16** teaches us something deeply practical. When you’re Hungry, Angry, Lonely, or Tired, you are spiritually vulnerable. These are the moments when we must HALT before complaining and remember God’s faithfulness.

When **hungry** – remember God provides  
When **angry** – remember God is still working  
When **lonely** – remember God is present  
When **tired** – remember God’s mercy are new today

Imagine waking up every morning in the wilderness. You step outside your tent, and there on the ground is manna from heaven. Fresh. Sufficient. Exactly what you need. Every morning the same message – God will take care of you today – as if God is answering the prayer – *Give us this day our daily bread.*

The next time you feel spiritually hangry – remember to **HALT** – and trust the God who provides for you.

*Never be afraid to trust an unknown future to a known God. Corrie ten Boom*

Let me close w/ (4) points of application to HALT.

1 **PAUSE** and Identify the Real Issue

When emotions rise, slow down and ask yourself – *Am I hungry, angry, lonely, or tired right now?* Sometimes what feels like a spiritual problem is actually physical or emotional exhaustion. Pausing helps you respond wisely instead of reacting impulsively.

2 **REMEMBER** God’s Faithfulness

Israel’s problem in the wilderness was forgetfulness. In vulnerable moments, remind yourself how God has provided and carried you in the past. Remembering His faithfulness strengthens your trust in His provision today. I shared last week – *most of the time we don’t need a miracle – we just need a memory!*

3      **REACH OUT** Instead of Withdrawing

When we're discouraged or overwhelmed, our instinct is often to pull away. Instead, reach out to a trusted friend, spouse, or believer who can encourage you and help you refocus on truth. God often restores our perspective thru community.

4      **RETURN** to Daily Dependence on God

Just as Israel gathered manna each morning, we need daily spiritual nourishment. Spend time w/ God in Scripture and prayer in a daily Sabbath – trusting Him to give you the grace you need for today.