

## WARM-UP: Engage (“Together”)

1. Tell us about a gift received that didn’t make sense at first? (**Example** “Israelites getting “manna”)
2. Share a moment you were surprised by hope? (**Leader example** “Like the disciples receiving the Spirit in the upper room at Pentecost, I remember the first time I experienced God at church”)

## WORD: Establish (“Truth”)

**Leader:** Questions below (a.b.c) should allow for quick responses, evident by close reading of the text. Choose to use some or all of them (pending pace), as reading of the passage will answer them as well.

1. **Read** Exodus 16: 1-15:
  - a. How do the Israelites lose sight of God as the one who gives them life-giving bread?
2. **Read** Matthew 4: 1-11:
  - a. How is Jesus led into and out of his time in the desert?
  - b. What does this tell us about God’s desire for desert seasons of hunger in our own lives?
3. **Read** John 5: 39-40 (+ Luke 12: 1-3):
  - a. What does this passage call us to do, in contrast to consuming ‘yeast of the Pharisees’?
4. **Read** Acts 2: 17-18:
  - a. What does this passage tell us about how things are going to be in “these last days”?
5. **Read:** Isaiah 30:15:
  - a. How does God tell us we will find rest in God?
6. **Sermon Recap (if helpful):** Emily invited us to remember, to receive, and to rest. Remember that the Israelites were delivered from Egypt. Yet that in the wilderness, God desires to deliver Egypt out of Israel. As we are in this wilderness season –so much unfamiliarity and unpredictability– what old ways of thinking does God desire to illuminate and remove from our lives? God is inviting us from familiarity and control, to dependence and expectation. We need the power of the Holy Spirit to teach us and empower us to walk in the new way. As we honor the outpouring of the Spirit of God on Pentecost, celebrated today, we invite God to sift us, and fill us with courage and love to leave behind the “old” and begin to walk in the “new”. Ultimately, this is an invitation not to work harder or do more, but to listen more intently and receive more. To find in our RESTING in the Lord (being still with our eyes and ears fixed on God) that we will find strength. May our BEING inform our DOING as we walk in love and unity as the Body of Christ.

## APPLICATION: Equip (“Way”)

1. How might God be calling you to find your deepest appetite met by God’s Spirit?
2. How might you fast from where you are being filled, to feast on God instead in this season?
3. How might you find authentic relational rest in receiving God (as Emily called us to)
4. How might you cease striving, and create quiet space to hear God’s voice this week?

## PRAYER Empower (“Life” in the Spirit)

1. How can we pray/hold you accountable to “rest in Christ” or “have your appetite satiated by God” in “our new normal”?