

Small Group Guide: The Manna - Heaven's Daily Provision

Based on Exodus 16

Opening Prayer & Ice Breaker

Ice Breaker Question: What's one daily routine you absolutely can't skip? (brushing teeth, coffee, etc.) Why is it so important to you?

Sermon Overview

This week we explored how God provided manna for the Israelites in the wilderness—a picture of Jesus, the Bread of Life. Just as the Israelites needed to gather manna daily, we need to feed on God's Word daily to grow spiritually and remember His faithfulness.

Key Scripture References

- Exodus 16 (main passage)
- Deuteronomy 8:3
- 1 Peter 2:2
- John 6:35, 48-51
- Matthew 6:11 (The Lord's Prayer)

Three Main Points

- 1. Heaven's Provision is Sufficient for Our Needs**
- 2. Heaven's Provision Requires Daily Dependence**
- 3. Heaven's Provision Offers Eternal Satisfaction**

Discussion Questions

Opening Questions

1. What stood out to you most from this sermon? Was there a particular point or illustration that resonated with you?
2. The Israelites complained just three days after seeing God provide at Elim. Why do you think we forget God's faithfulness so quickly? Can you share a time when you did this?

Heaven's Provision is Sufficient (Exodus 16:1-8)

3. The Israelites romanticized their time in Egypt, remembering the "pots of meat" but forgetting the slavery. What things in your past (before Christ or in difficult seasons) do you sometimes romanticize? How does this affect your present walk with God?
4. God gave them meat in the evening (temporary) but bread every morning (ongoing). What's the difference between God meeting our physical needs and our spiritual needs? How should we prioritize them?
5. **Application Question:** In what areas of your life are you currently struggling to trust that God's provision is sufficient?

Daily Dependence (Exodus 16:19-20)

6. The manna couldn't be stored—it had to be gathered fresh each morning. Why do you think God designed it this way? What was He trying to teach them?
7. The pastor mentioned that some Israelites tried to save the manna anyway, and it bred worms and became foul. What happens in our spiritual lives when we try to "coast" on yesterday's encounter with God rather than seeking Him daily?
8. Jesus taught us to pray "Give us this day our daily bread" (Matthew 6:11). How does this prayer reflect the manna principle? What does "daily bread" mean in your spiritual life?
9. **Honest Reflection:** On a scale of 1-10, how consistent are you with daily Bible reading and prayer? What are the biggest obstacles you face? (No judgment—this is a safe space!)
10. The pastor shared several verses about "eating" God's Word (Jeremiah 15:16, Job 23:12, Psalm 119:103). Have you ever experienced God's Word as "sweet" or deeply satisfying? Share that experience.

Eternal Satisfaction (John 6:48-51)

11. Jesus said, "Your fathers ate the manna in the wilderness and they're dead... I am the living bread that came down out of heaven. If anyone eats of this bread, he will live forever." How is Jesus different from the temporary provisions we chase after?
12. The "hidden manna" was placed in the Ark of the Covenant as a reminder of God's faithfulness (Revelation 2:17). What "reminders" do you have in your life of how God has provided for you?
13. The pastor mentioned the "mixed multitude" from Exodus 12:38 who started the complaining in Numbers 11. How can worldly influences (friends, media, culture) affect our spiritual appetite and contentment? What boundaries might you need to set?

Personal Application

14. The pastor said, "Sometimes when God takes things out of our hands, He puts something in that we don't understand—but it's fertilizing our life." Has God ever taken something from you that later you realized was for your good? How did that experience grow your faith?
15. The fruit we produce isn't for our own consumption—it's for others to see Christ in us. Who in your life might be watching your walk with God right now? How does that awareness change how you respond to difficulties?
16. **Challenge Question:** What would it look like for you to develop a consistent daily habit of "gathering manna"—spending time in God's Word? What specific changes do you need to make this week?

Key Takeaways

Write these down and share which one speaks most to your current situation:

1. **God's provision is always sufficient**—He knows what we need before we ask
2. **Spiritual growth requires daily feeding**—we can't coast on yesterday's encounter with God
3. **The Word of God is our daily bread**—not just information, but spiritual nourishment
4. **Jesus is the Bread of Life**—offering eternal satisfaction, not temporary fulfillment

5. **Daily dependence builds trust**—God uses the wilderness to teach us to rely on Him
6. **Grumbling reveals forgetfulness**—we must intentionally remember God's faithfulness
7. **The world's influence can poison our contentment**—guard against the "mixed multitude"

Practical Applications

This Week's Challenge:

Choose ONE of the following to commit to this week:

Option 1: Start a Daily Manna Habit

- Pick a specific time each day (morning recommended)
- Choose a reading plan (one chapter, one Proverb, a devotional)
- Keep a simple journal: Write one thing God showed you each day

Option 2: Create a "Faithfulness Reminder"

- Write down 3-5 ways God has provided for you in the past
- Put it somewhere you'll see it daily (phone wallpaper, bathroom mirror, car dashboard)
- When you're tempted to grumble, read your list

Option 3: Fast from Complaining

- For one week, catch yourself when you start to complain
- Replace each complaint with one thing you're grateful for
- Ask a trusted friend or family member to gently point out when you're grumbling

Option 4: Memorize Scripture

- Choose one verse from this lesson (suggestions: John 6:35, Psalm 119:103, Deuteronomy 8:3)
- Write it on a card and review it daily
- Share it with someone by the end of the week

Reflection & Prayer Time

Personal Reflection (5 minutes of silence):

- Where am I in the wilderness right now?
- What is God trying to teach me through my current circumstances?
- Am I feeding daily on His Word, or am I trying to coast?
- What "mixed multitude" influences do I need to separate from?

Group Prayer Focus:

- Pray for consistency in daily Bible reading and prayer
- Pray for those struggling to trust God's provision
- Pray for protection from worldly influences that steal our contentment
- Pray for spiritual hunger—that we would crave God's Word like we crave food
- Pray for those who don't yet know Jesus as the Bread of Life

Before Next Week

1. **Accountability Partner:** Pair up with someone in the group to check in mid-week about your practical application commitment
2. **Share Your Story:** If God shows you something significant in your daily reading this week, share it in your group chat or be prepared to share next meeting
3. **Prepare:** Read Exodus 17 for next week's discussion

Closing Thought

"He humbled you and let you hunger and fed you with manna... that he might make you know that man does not live by bread alone, but by every word that comes from the mouth of God." — **Deuteronomy 8:3**

The wilderness isn't meant to destroy you—it's meant to develop daily dependence on God. Will you gather your manna tomorrow morning?

Group Leader Note: Be sensitive to those who may be in difficult "wilderness" seasons. Create space for honest sharing about struggles with consistency in spiritual disciplines. Emphasize grace over guilt, while still challenging the group toward growth.

