

— FROM SLAVERY TO PRESENCE —

LEARNING TO TRUST DAILY

— ♦ EXODUS 16:11–31 ♦ —



FORMATION GOAL

Becoming people who receive God's provision,
release tomorrow's worry, rest in God's care,
and respond with generosity.

NOTICE

Notice what God provides—and how the gift forms His people.



REFLECT

Israel enters the wilderness carrying more than hunger. They carry habits formed in slavery: fear that there will not be enough, the urge to grasp what they can, and anxiety about tomorrow.

God hears their complaint and provides quail in the evening and manna in the morning. Yet the gift comes with instructions: gather what is needed, trust that there will be enough, and return again tomorrow. God does not merely feed Israel; God uses the gift to retrain hearts shaped by slavery.



NOTICE

Read Exodus 16:11–31 slowly.

Pay attention to what God provides, how much the people gather, and the daily and weekly rhythm God establishes.

- ◆ What do the quail and manna reveal about God's care?
- ◆ What happens when the people gather or keep too much?
- ◆ How does the pattern change before the Sabbath?



PERSONAL REFLECTION

Write: *Where am I seeking enough certainty or control that trusting God becomes unnecessary?*



IN COMMUNITY

- ◆ What does "enough" look like in this passage?
- ◆ How do God's instructions form trust rather than fear?
- ◆ Why might stopping be harder than gathering?

LISTEN

Listen for God's invitation to a life of daily trust.



READ SLOWLY

Exodus 16:16–30 • Matthew 6:9–13 • 2 Corinthians 8:13–15

"Give us this day our daily bread."

—Matthew 6:11

Jesus teaches His disciples to return to the Father each day—not for stored certainty, but for daily bread. Paul hears a communal call in the manna: God's "enough" opens our hands to one another. Sabbath completes the lesson. For six days, trust means gathering; on the seventh, trust means stopping. A people once driven by Pharaoh now rest as a witness that the Lord sustains them.



LISTEN

Where is God inviting you to receive, release, and rest?

RECEIVE

What provision can you gratefully receive today?

RELEASE

What fear—or surplus—are you being asked to release?

REST

Where is stopping an act of trust for you?



PERSONAL REFLECTION

Write: Which is hardest for me right now—receiving, releasing, or resting? What fear lies beneath that struggle?



IN COMMUNITY

- ◆ How can Sabbath become a witness to God's provision?
- ◆ How might one person's "enough" meet another's need?

RESPOND

Practice trusting God one day at a time.



EACH MORNING THIS WEEK

Begin the day by placing your life again in God's care.

1

RECEIVE

Name one way God has provided for you today.

2

RELEASE

Entrust one concern about tomorrow to God.

3

RESPOND

Ask whether something God has placed in your hands is meant to be shared.



Choose a period of Sabbath this week. Stop one form of productive activity. Receive the time as a gift and remember: God remains God while you rest.

Rest is not escape; it is trust made visible.



MY NEXT FAITHFUL STEP

Where will I practice trust instead of grasping or striving?

IN COMMUNITY

Share your next faithful step. Invite someone to ask you about it this week.

*"Father, give me today's bread, free me from tomorrow's fear,
and teach me to trust Your faithful care."*