The Ruthless Elimination of ~~Hurry~~

John Mark Comer

PART 3 – SABBATH

EXODUS 16:1-30 | PASTOR RICK WULF | NOVEMBER 15, 2026

MESSAGE NOTES

BIG IDEA FOR THE WEEK:

SABBATH IS OUR OPPORTUNITY TO DECLARE OUR TRUST IN GOD AS OUR _____

1. DAILY _____ WAS GOD'S PROVISION FOR HIS PEOPLE

2. WEEKLY _____ IS GOD'S PROVISION FOR HIS PEOPLE

BIG IDEA: PROVIDER | 1. MANNA | 2. SABBATH

ENGAGE WITH THE RUTHLESS ELIMINATION OF HURRY STUDY ON RIGHTNOW MEDIA

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SCAN QR CODE TO CREATE A FREE ACCOUNT WITH RIGHTNOW MEDIA FOR ACCESS AND SEARCH FOR: THE RUTHLESS ELIMINATION OF HURRY

WE INVITE YOU TO DOWNLOAD AND USE THE GUIDE FOUND ON RIGHTNOW MEDIA. OTHERWISE, FEEL FREE TO WALK THROUGH THE FOLLOWING QUESTIONS ON YOUR OWN OR WITH SOMEONE ELSE.

- **START:** WHEN YOU HAVE A DAY OFF OR SOME UNPLANNED FREE TIME, HOW EASY IS IT FOR YOU TO ACTUALLY REST? ARE YOU SOMEONE WHO ENJOYS SLOWING DOWN, OR DO YOU TEND TO FIND SOMETHING PRODUCTIVE TO FILL THE TIME?

- **REFLECT:** IN EXODUS 16, THE ISRAELITES GRUMBLED AGAINST GOD EVEN AFTER HE HAD RESCUED THEM FROM EGYPT. YET GOD RESPONDED WITH GRACE AND PROVIDED MANNA. WHEN HAVE YOU FOUND YOURSELF FOCUSING MORE ON WHAT YOU DON'T HAVE OR WHAT GOD HASN'T DONE THAN RECOGNIZING HOW HE HAS ALREADY PROVIDED FOR YOU?

- **GO DEEPER:** GOD INSTRUCTED THE ISRAELITES TO GATHER ENOUGH MANNA FOR EACH DAY RATHER THAN STOCKPILING IT. HE WAS TEACHING THEM TO DEPEND ON HIM RATHER THAN TRYING TO SECURE THEIR OWN FUTURE. WHAT ARE SOME WAYS WE TRY TO "STOCKPILE MANNA" TODAY? IN OTHER WORDS, WHERE ARE WE TEMPTED TO RELY ON OUR OWN EFFORTS, RESOURCES, OR PLANNING FOR SECURITY RATHER THAN TRUSTING GOD?

- **DISCUSS:** WHY CAN IT BE SO DIFFICULT TO STOP WORKING WHEN WE KNOW THERE IS STILL MORE TO DO? WHAT MIGHT OUR UNWILLINGNESS TO REST REVEAL ABOUT WHAT WE BELIEVE IS ULTIMATELY PROVIDING FOR US OR GIVING OUR LIVES VALUE?

- **TAKE ACTION:** WHAT IF THE VERY THING KEEPING US FROM RESTING IS THE THING GOD IS INVITING US TO SURRENDER? WHAT IS THAT IN YOUR LIFE?