HANGRY?

EXODUS 16

ANNOUNCEMENTS

Fall is full of great opportunities to plug in at Mosaic! - Make plans to join us at one (or all!) of the upcoming fall events. Treats on the Streets (Oct 30) - Fall Fest (Nov 7) - Night of Thx (Nov 18)!

RELATIONAL CONNECT & CHECK-IN

Name a time you were irrationally grumpy because you were tired, stressed or hungry How did those around you respond?

GROUP DISCUSSION

Read Exodus 16:1-5

1. What stands out to you about Israel's reaction to being hungry?

2. **Matt said, "*We often forget what we should remember and remember what we should forget*." What did this mean to you? Where are most tempted to do this?** Why do you think it's so easy to forget God's faithfulness when something is seemingly going wrong in the moment?

Read Exodus 16:4, 13-21

3. God could have dropped a year's supply of Manna in Israel's lap. Instead, He gave them enough for the day. **What do you think He was trying to show them in doing that? How have you seen that play out in you or someone else's life?**

4. What's the difference between trusting God for your future and wanting God to show you exactly how your future is going to work out?

Read Matthew 6:11

5. The sermon asked "Could it be that God wants us to never outgrow simple dependence on Him?" What does this look like? What areas of your life do you find it easiest to place your trust in something other than God?

6. What are you carrying right now that would change if you genuinely believed that God will supply all your needs exactly when you needed it?

Read Exodus 16:22-30

7. What's an area that you are often tempted to think: "If I don't make this happen, it won't happen"? Now apply the concept of Sabbath rest to that. Does it change your perspective in any way?

8. The Israelites kept Manna in a jar to remind them of when God perfectly provided for them. If you could put one reminder of God's faithfulness in your own "jar", what would it be? Why?

9. Manna was never ultimately about Manna. It pointed to Jesus, our true Bread of Life. Where are you currently looking for satisfaction, security or peace that Jesus is asking you to find in Him?

ACTION STEP

7 Days of Daily Bread. This week, **before you reach for your phone in the morning**, spend a few minutes gathering your "daily bread." **READ** — Spend time in God's Word. **REMEMBER** — Write down one way God has been faithful to you. **ASK** — "Father, give me what I need for today." **TRUST** — Name one thing you're worried about and deliberately place it in God's hands.

Lastly: How can we pray as a group for you as a group? Be honest...