

Exodus: Journey of Revelation, Week One

For the week of Sept 18, 2016

QUICK REVIEW

- 1) Looking back at your notes from this week's teaching, was there anything that caught your attention?

The Goal

- Every week there is a specific theme or idea we want to communicate from the passages we will be studying. This week the idea comes from Exodus 15:22 to 17:7. Pastor Craig believes that "daily, God steps up to meet us...the question is whether we step out of our tents to meet Him. He awaits with manna and quail from Heaven itself (manna and quail is referring to nourishment, everything we will need for the day). It's about TRUST and SURRENDER of the heart, so that the things of Heaven can become true of me." As we look at these passages, we will see Israel's attitudes and the response of God toward them. Ultimately, we want people in our groups to understand that their daily "chair time" with God is essential for both personal growth and spiritual health.

MY STORY

- 2) What led you to the decision to join a life group?
- 3) What are you hoping to get from your group?

DIGGING DEEPER

Exodus 16:1-8

"Then the whole community of Israel set out from Elim and journeyed into the wilderness of Sin, between Elim and Mount Sinai. They arrived there on the fifteenth day of the second month, one month after leaving the land of Egypt. ² There, too, the whole community of Israel complained about Moses and Aaron.

³ "If only the LORD had killed us back in Egypt," they moaned. "There we sat around pots filled with meat and ate all the bread we wanted. But now you have brought us into this wilderness to starve us all to death."

⁴ Then the LORD said to Moses, "Look, I'm going to rain down food from heaven for you. Each day the people can go out and pick up as much food as they need for that day. I will test them in this to see whether or not they will follow my instructions. ⁵ On the sixth day they will gather food, and when they prepare it, there will be twice as much as usual."

⁶ So Moses and Aaron said to all the people of Israel, "By evening you will realize it was the LORD who brought you out of the land of Egypt. ⁷ In the morning you will see the glory of the LORD, because he has heard your complaints, which are against him, not against us. What have we done that you should complain about us?" ⁸ Then Moses added, "The LORD will give you meat to eat in the evening and bread to satisfy you in the morning, for he has heard all your complaints against him. What have we done? Yes, your complaints are against the LORD, not against us.'" ⁱ

- 4) In Exodus 16: 1-8, forgetting about the hardships they experienced in Egypt and what God had done for them, the Israelites were hungry and they grumbled about their circumstances in the desert. They would rather have their past than their current freedom. Has there ever been a time in your life when you looked back on the past with longing? If so, what did you miss about it?
- 5) Taking into account their miraculous escape from Egypt, how do you account for the people's complaining so soon, as they were only 45 days into their journey? Long, forced marches? Harsh psychical conditions? Finicky eaters? Or, something else? Could the Israelites have been missing the safety of what was known?

God is interested in much more than Israel's obedience. For example, there is something much deeper going on in Exodus 16: 14-21 than whether or not the Israelites will follow God's instructions. In fact, God is testing His people's hearts. Would the Israelites trust God? The following passage and questions will lead your group in this direction.

- 6) In what ways was God asking the Israelites to trust him?

Ex 16:14-21

¹⁴ When the dew evaporated, a flaky substance as fine as frost blanketed the ground. ¹⁵ The Israelites were puzzled when they saw it. "What is it?" they asked each other. They had no idea what it was.

And Moses told them, "It is the food the LORD has given you to eat. ¹⁶ These are the LORD's instructions: Each household should gather as much as it needs. Pick up two quarts for each person in your tent."

¹⁷ So the people of Israel did as they were told. Some gathered a lot, some only a little. ¹⁸ But when they measured it out, everyone had just enough. Those who gathered a lot had nothing left over, and those who gathered only a little had enough. Each family had just what it needed.

¹⁹ Then Moses told them, "Do not keep any of it until morning." ²⁰ But some of them didn't listen and kept some of it until morning. But by then it was full of maggots and had a terrible smell. Moses was very angry with them.

²¹ After this the people gathered the food morning by morning, each family according to its need. And as the sun became hot, the flakes they had not picked up melted and disappearedⁱⁱⁱ

Fun Fact On manna:

Manna served the purpose of teaching Israel complete dependence on the Lord of the covenant (Dt 8:3). By means of this heavenly provision the Lord sought to "test" and to "humble" his people, in order to teach them that life in the full, biblical sense (cf. Gn 2:7b) is obtained when man lives by every word that proceeds from God's mouth (Dt 8:3, 16). Jesus applied this word in its ultimate sense when refusing to yield to the devil's temptation (Mt 4:4; Lk 4:4). Jesus also pointed to himself as the true manna, the bread from heaven, which, when eaten, would nourish man unto life everlastingⁱⁱⁱ

- 7) In Exodus 16: 14-21 we see God's daily provision of manna for the people, which included clear instructions on the gathering and storing of the bread. What did some of the people do, instead of what they were instructed by God to do? What happened as a result of their disobedience? Why do you think they disobeyed?

Below is an important connection Jesus makes between himself and the idea of daily nourishment. This is the major connection to the goal of the study.

In John 6:48-51, Jesus says:

“⁴⁸ Yes, I am the bread of life! ⁴⁹ Your ancestors ate manna in the wilderness, but they all died. ⁵⁰ Anyone who eats the bread from heaven, however, will never die. ⁵¹ I am the living bread that came down from heaven. Anyone who eats this bread will live forever; and this bread, which I will offer so the world may live, is my flesh.”^{iv}”

- 8) Jesus called Himself the true bread from Heaven. In light of the Exodus passages we just studied, what does His claim mean for you and I?

The goal of the study is to make the connection that Jesus is the bread from heaven, and that we need daily time with Him in prayer and the reading of Scripture in order to be spiritually, emotionally, physically, and relationally healthy.

- 9) We call a daily time with Jesus "chair time." What are some styles of "chair time" that you have tried, and which one works the best for you?

The following are several options for "chair time":

- S.O.A.P journals use the acronym of to guide your "chair time." To use this method, read a chapter in a book of the Bible and respond to each one of the letters that is significant to you. We suggest you start with the Gospel of John the 4th book of the New Testament.
 - "S" for scripture
 - "O" for observation
 - "A" for application
 - "P" for prayer,
- Read an entire book or chapter of the Bible every day. Repeat the same book or chapter every day for a month, and pray about the ideas God is speaking to you about. Next, write your thoughts in a journal.
- Listen to the Bible on CD or online app, such as "You Version," which offers many different audible versions of the Bible. These are awesome tools for those who use their commutes for prayer time.
- Use a devotional such as the "You Version" Bible app, which provides numerous topical and book studies from hundreds of teachers and commentaries.

TAKING IT HOME

- 10) Looking back at this week's message and study, what are the next steps you need to take to continue on the journey of growth that God has for you?

CHAIR TIME TOOL

- Try one of the tools shared about in your life group.
- Pray through the statements from the "Lord's Prayer," prayer card that was distributed in the planner on Sunday, 9/18/16.

- In your chair time this week, think about these questions and passages.
 - o **Is there an area in your life that you are resisting God? (Deuteronomy 28:1-14)**
 - o **Are you continuing to grow spiritually and find your place in the body of Christ? (Ephesians 4:16)**

ⁱ Tyndale House Publishers. (2013). *Holy Bible: New Living Translation* (Ex 16:1–8). Carol Stream, IL: Tyndale House Publishers.

ⁱⁱ Tyndale House Publishers. (2013). *Holy Bible: New Living Translation* (Ex 16:14–21). Carol Stream, IL: Tyndale House Publishers.

ⁱⁱⁱ Elwell, W. A., & Beitzel, B. J. (1988). In *Baker encyclopedia of the Bible* (p. 1392). Grand Rapids, MI: Baker Book House.

^{iv} Tyndale House Publishers. (2013). *Holy Bible: New Living Translation* (Jn 6:48–51). Carol Stream, IL: Tyndale House Publishers.