

Growth Group Notes

Spring 2021



3. What did the Lord promise to do for his people?

4. What instruction does the Lord give the Israelites regarding the collection of the manna and why? See vv4-5 and vv13-16

Read Exodus 16:23-30

5. What commandment did the Lord give to the Israelites, which in Exodus 20:8-11 will become one of the Ten Commandments?

Read Exodus 16:32-34

6. What other commandment does the Lord give his people and why?

As we emerge from lockdown...

WHAT NEXT?

We see in Exodus 16 the importance of faith and waiting on God. His provision for his people is the overriding theme in the chapter. There were 600,000 men, plus women and children, so probably more than two and a half million people. The Lord miraculously fed them every day for 40 years. Not only did he provide nourishment for the body in the manna and the quail, but also spiritual nourishment in the sabbath-rest.

In applying this passage to our lives today, Andrew gave us two key points to reflect upon:

1. God has a plan for each of us. He doesn't lead us out into the desert to starve to death, but to teach us daily trust and prepare us for the plan he has for us.
2. The Sabbath is more than just another day. God's instruction to rest is an invitation to stop, step aside from the busy-ness of life and connect with God.

Some thoughts for group or personal reflection

1. How well do you rest each week? (Matthew 11:28-30)
2. Are we growing closer to Jesus as a group and as individuals?
3. Do we seek the plans the Lord has for us? (Jeremiah 29:11)