

Discussion Guide

Use this guide by yourself, with a friend, or in a group to help you pursue a deeper relationship with Jesus this week!

Open

In honor of all the busy moms out there (since this is Mother's Day weekend), Pastor Don helps us remember that one of God's desires is for us to experience the blessing of rest. Many of us feel a constant pressure to always stay busy, and the weight of our responsibilities can many times push us to "keep on keeping on" even when we're exhausted. But Ecclesiastes 3:13 reminds us to "eat and drink and enjoy the fruits of our labor, for these are gifts from God." Share with your group how well you do at slowing down and taking breaks in your life. What's your favorite way to relax?

BIG THOUGHT

God wants us to experience His rest to keep us reminded that He will faithfully provide for us as we walk in trust with Him.

1. One of the ways God helped the Israelites learn the value of resting in Him was through His provision in their time in the desert. Read Exodus 16:1-3. Where are the Israelites and how long had they been delivered out of Egypt? What is their focus in these verses?
2. Now read v. 4-5. What does God immediately say He will do for the people? What limit does He place on their gathering? What does He connect to their willingness to follow His instructions? What's to be different about the 6th day? In what ways can our busyness reveal the spiritual state of our hearts? List examples if you can...

3. Read v. 6-10. What did Moses want the people to understand about God? How can not depending on God to meet our needs lead us to grumble?
4. Now read v. 11-19. What did God do for the Israelites? What would you have thought if you had been there and experienced it for yourself? Notice that God specified an amount they were to gather, and in that way "each one gathered as much as they needed." (v. 18) How do you think we should decide on how much we need in life? How much of our busyness is a focus on trying to get as much as we can rather than what we need? Why?
5. To finish, read v. 20-30. Why do you think God gave such clear consequences to the people? How do you think your life would be different if He used a similar type of reminder for you when you put busyness in the place of trusting and resting in Him? Share with the group...

Take it Further

Take time to talk with God and thank Him for promising to take care of you. Then ask Him to give you the strength to trust Him in the areas of your life where you need to depend on Him and rest.

Daily Verse Readings

Day 1: Genesis 2:2-3

Day 2: Psalm 127:2

Day 3: Exodus 34:21

Day 4: Philippians 4:6-7

Day 5: Exodus 33:14

Day 6: Matthew 11:28-30

Memory Verse: Exodus 16:29-30



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