

Small Group Discussion Questions

Series: Anxiety

Speaker: Jay Haugh

Message: The Manna Principle

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Memory Verse: Luke 12:32 NIV

Do not be afraid, little flock, for your Father has been pleased to give you the kingdom.

The goal of these questions is to foster meaningful discussion and to encourage participants to reflect on God's Word to lead to heart transformation. Feel free to modify or expand upon these questions based on the dynamics and needs of your Small Group.

Big Idea: God tests His people to train us that He's enough for both today and tomorrow.

Read Exodus 16:1-27

1. *Read Exodus 2:23.* Like a parent knows the cry of their child, what does it mean to you that God hears and knows your cry? Like the Israelites cried out to God for help, where do you need the Lord's help today? Have you ever felt like God wasn't hearing your cries?
2. If you were Moses, how would you have responded to the people's complaints in the wilderness? In what ways do you see yourself "grumbling" in your current life situations? What surprises you about God's response to the Israelites' grumbling?
3. What lessons did God want to teach them by providing manna daily? Why do you think some of the people did not listen to Moses and saved some until morning? How does this relate to the way we sometimes behave?



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4. When our fears and worries live in the future, how does God's provision for the day fight against what we want? How are you at trusting God on the journey instead of being focused on the destination?
5. Did the Israelites have to do anything in order to receive the manna? What does this tell us about the character of God? Describe an even greater biblical principle where God freely provides.
6. Even though the Israelites were feeling anxious about their situation, God was near. God's presence appeared to the people in a cloud. How do you experience God's presence? If you were to describe what it means to be in God's presence to a non-believer, what would you say?
7. The God who hears, the God who delivers, the God who is near, is also the God who tests His people. Why does God test His people? When has God's testing revealed or helped identify something in your heart that needed to be purified? Do you welcome testing? Does shifting your mindset to see testing as an opportunity for growth help you be joyful in the testing?
8. How can you demonstrate God's nearness to someone who feels isolated or distant from Him? What Scriptures or stories can you share to illustrate God's deliverance? What are some practical ways you can assist someone who is in the midst of a difficult season?



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