

INTRO

This week's sermon brought us to Exodus 17, the third trial in the wilderness: thirst, hunger, thirst—a classic Hebrew chiasmic structure. After God miraculously sweetened bitter water (Ch. 15) and provided daily manna and quail (Ch. 16), the Israelites faced another water crisis. But this time, something was different. The people weren't just complaining—they were demanding proof, protesting God's character, and testing whether He was even present with them.

- **What was your initial reaction to the Israelites' response in this passage? Frustration? Understanding? Something else?**
- **Rob mentioned that when he reads these stories, he realizes he's "looking in the mirror." Can you relate to that? In what ways?**

IDEA 1

The Israelites' response in Exodus 17 looks similar to their previous complaints, but there's a crucial difference. Rob explained that a lament is a prayer in pain that leads to trust—we turn to God, bring our complaint, ask boldly, and choose to trust. But in Exodus 17, there's no appeal to God's character, no remembrance of His past faithfulness, no "You did it before—do it again!" Instead, we see demands, protests, and the question: "Is the Lord here with us or not?" They're not trusting the process—they're protesting the process.

- **Have you ever caught yourself crossing from lament into protest—questioning not just God's timing but His character or presence? What are some things that can help us move back from protest to lament?**
- **Rob said the Israelites had no "turn to God" or appeal to His past faithfulness. Why is remembering God's track record so crucial when we're in a new trial?**
- **What does it look like practically to "trust the process" when you're in a difficult season, especially when God seems to be leading you to a place with "no water"?**

IDEA 2

Despite the Israelites' demanding posture, God didn't abandon them. He could have withdrawn His presence or demanded their respect through shock and awe. Instead, He provided again—publicly, with the elders as witnesses, using the same staff that parted the Red Sea. Most remarkably, God said, “I will stand before you on the rock” (literally: “in front of, before your face, at your disposal”). He's not distant in the cloud—He's right there, present with His people. And Paul tells us in 1 Corinthians 10:4 that “the rock was Christ.” Jesus, our Living Water, was beaten and struck so that rivers of living water could flow from Him to us.

- **What does it reveal about God's character that He still provided water even when the people were protesting rather than lamenting?**
- **The phrase “I will stand before you on the rock” means God made Himself available, at their disposal. How does that image challenge or comfort you?**
- **Paul identifies the rock as Christ. How does seeing Jesus in this story—beaten, struck, water flowing—deepen your understanding of the cross?**

Rob concluded with a powerful challenge: “We aren't detached from Israel's failures...and we aren't detached from God's deliverance.” Our call is to rehearse the goodness of God, tell the stories of His provision and presence, and boldly ask Him to do it again. Trust the journey, don't protest it.

- **What journey are you currently on that requires this kind of trust?**
- **How can we build “confidence in our hope” practically? What spiritual disciplines or practices help you remember and trust God's faithfulness?**

EXPERIENCING GOD TOGETHER

A Practice of Remembrance and Bold Asking

Part 1: Rehearse (5 minutes)

Invite your Life Group members to silently reflect on this question: “*When has God provided for me in a way I couldn't have orchestrated myself?*” It might be provision of resources, healing, relationships, direction, comfort in grief, or simply His presence in a dark season.

After a few minutes of silence, invite anyone who feels comfortable to share briefly (1-2 sentences): “God provided when...”

EXPERIENCING GOD TOGETHER CONT.

Part 2: Remember the Rock (Scripture reading)

Read aloud 1 Corinthians 10:1-4 and John 7:37-38:

"For they drank from the spiritual rock that traveled with them, and that rock was Christ."

"Jesus stood and shouted to the crowds, 'Anyone who is thirsty may come to me! Anyone who believes in me may come and drink! For the Scriptures declare, Rivers of living water will flow from his heart.'"

Part 3: Ask Him to Do It Again (Prayer)

In groups of 2-3, share one area where you need God to “do it again”—a place where you’re tempted to protest rather than trust, where you need fresh provision, renewed hope, or a reminder of His presence.

Pray for one another using this framework:

- Thank God for His past faithfulness (be specific)
- Acknowledge the current need or “waterless place”
- Boldly ask: “Do it again, Lord—we know You will!”
- Declare trust in His goodness and presence

PRACTICE THIS WEEK

Pick one or more of the following prompts to practice this week:

Create a “Do It Again” Journal: Start a simple list or journal entry of times God has provided, comforted, guided, or shown up for you. When you face a new trial, return to this list and pray, “You did it before—do it again!”

Practice Lament, Not Protest: If you're in a difficult season, write out a lament prayer following the biblical pattern: Turn to God → Bring your complaint honestly → Ask boldly → Choose to trust. Notice the difference in your heart when you end with trust rather than demands.

Tell the Story: Share one story of God’s faithfulness with someone this week—a friend, family member, or even your kids. Rehearsing God’s goodness out loud strengthens your own faith and encourages others.

Drink Deeply: Set a daily reminder to pause and pray, “Jesus, You are my Living Water. Fill me to overflowing today so I can pour out Your love to those around me.” Let physical thirst throughout your day prompt spiritual thirst for Him.