

## RECAP & REFLECT

Last week, Josh walked us through the miraculous deliverance through the waters of the Red Sea and how this is connected to our baptism. We remembered together God's power to rescue and redeem, and we were challenged to actively remember our baptism as a key chapter in our own "Exodus story."

- **What about your baptism came to mind this past week?**
- **Did you get to share your baptism story with someone this week? How did telling it impact you or the person who heard it?**

## ICEBREAKER

- **If you were wandering in the desert and God said He'd provide one food item every day for 40 years, what would you want it to be?**

## IDEA 1: HOW QUICKLY WE FORGET

Only one month after watching the Red Sea part, the Israelites were ready to go back to slavery because they were hungry.

- **Why do you think the Israelites God's provision so quickly?**
- **What moments come to mind where you have forgotten God's provision?**
- **What practices or rhythms help you remember God's faithfulness when you're in a difficult season?**

## IDEA 2: THE DESERT KILLS SELF-RELIANCE

God didn't take the Israelites straight to the Promised Land because they weren't ready for abundance. The desert was designed to humble them, test their hearts, and build rhythms of daily reliance. "The moment we have more than we need is the moment we begin to trust in our resources and not God!"

- **Have you experienced a desert season, or as the sermon described the stage of "Unsettled and Questioning" – when worship feels empty, sermons feel "meh," and you wonder if you've ever really heard from God? What was that season like for you? How did God use that season to form you?**

The sermon listed several phrases that reveal self-reliance:

- "If you want it done right, do it yourself"
- "I don't want to be a burden"
- "I'll figure it out. I always do"
- "I'm fine"
- **Which of these resonates most with you? Where do you see self-reliance showing up in your life?**
- Rob emphasized in the sermon "The moment we have more than we need is the moment we begin to trust in our resources and not God!" **Do you agree? Why might abundance be spiritually dangerous?**

## EXPERIENCING GOD TOGETHER

1. Invite everyone to close their eyes. Ask the Holy Spirit: "Where am I operating in self-reliance right now? What am I trying to control or 'figure out' on my own instead of depending on You?"
2. Split up into 2's and 3's. Share one area that Holy Spirit brought to mind where you've been self-reliant.
3. Pray for each other. Ask God to be your daily bread in that specific area.

## PRACTICE FOR THIS WEEK

Just as the Israelites had to gather manna daily, we're invited to come to Christ daily for spiritual sustenance. **What does "eating the Bread of Life" look like practically in your everyday routine this week?**