

Work & Rest

Sabbath as Trust (Exodus 16:1-30)
Life Group Questions – July 24, 2022



Connect

1. Did you try to practice a 24-hour Sabbath this week? How did that go (or not go for you)?

Learn

2. **Read Exodus 16:1-30.** What stands out to you as you read those verses as a group? As you think back over the message, what stands out to you? *What stands out is frequently the Holy Spirit speaking to you. Pay attention.*
3. What did you think as you heard about God's testing? Did it change your perspective to hear that another translation of testing is training?
4. We learned that God tests people for their benefit, not His. And we learned that God tests people so they learn to trust Him... Can you think of a time(s) in your life that God was testing you to grow your faith to trust Him more? *If anyone in your group shares a time of testing they are going through now -stop and pray for them before going on to the next question.*

Apply

5. Is there an area in your life in which it is difficult to trust God completely?
6. Which of the lessons do you struggle with the most: God is in control; God is our provider; I can't get it all done? Why?
7. What step do you need to take this week to put your faith into action?

Care and Pray

We ask our groups to focus on **3 simple practices: to care, learn and pray together.** Please make time before departing to check in with each other and pray for one another.