



Healthy Groups Keep A Balance In What They Do: Spend equal amounts of time connecting with each other (Fellowship), prayer and sharing how God is working in your life (Worship), growing in your faith through study and discussion (Discipleship), serving others both inside and outside your group (Ministry), and reaching out to those around with the message of Jesus Christ (Evangelism).

Fellowship:

- ⊙ How are you doing? Catch us up on your life. What has been a high and a low in your life since this group last met? How have you seen God work in your life since this group last met?
- ⊙ Have you ever asked someone to do something and they ignored you? Describe a time that happened to you. How does this make you feel? How do you react?

Discipleship:

- ⊙ God has promised to bring the Israelites food in the dessert because they are hungry.

- ⊙ **Read Exodus 16:13**

¹³ That evening vast numbers of quail flew in and covered the camp. And the next morning the area around the camp was wet with dew. ¹⁴ When the dew evaporated, a flaky substance as fine as frost blanketed the ground. ¹⁵ The Israelites were puzzled when they saw it. "What is it?" they asked each other. They had no idea what it was.

And Moses told them, "It is the food the LORD has given you to eat. ¹⁶ These are the LORD's instructions: Each household should gather as much as it needs. Pick up two quarts for each person in your tent."
(New Living Translation)

- ⇒ If you had gone two and one half months being hungry and suddenly there is food everywhere on the ground would you pick up the two quarts for each person in your family or would you be tempted to get more? Why?
- ⇒ In Exodus 16:19 we see that some people gathered more than they were supposed to and the next morning it smelled horrible. They did not do what God and Moses had instructed them to do and Moses was mad at them. The immediate consequences for the Israelites disobeying and taking too much manna was a horrible smell and an angry leader. Are the consequences for disobeying God physical, spiritual, or both? What does disobedience toward God do to our heart? Do we sacrifice salvation because we disobey God? Why should we obey?

- ⊙ **Read Exodus 16: 21-31**

²¹ After this the people gathered the food morning by morning, each family according to its need. And as the sun became hot, the flakes they had not picked up melted and disappeared.

²² On the sixth day, they gathered twice as much as usual—four quarts^[e] for each person instead of two. Then all the leaders of the community came and asked Moses for an explanation. ²³ He told them, "This is what





the LORD commanded: Tomorrow will be a day of complete rest, a holy Sabbath day set apart for the LORD. So bake or boil as much as you want today, and set aside what is left for tomorrow.”

²⁴ *So they put some aside until morning, just as Moses had commanded. And in the morning the leftover food was wholesome and good, without maggots or odor. ²⁵ Moses said, “Eat this food today, for today is a Sabbath day dedicated to the LORD. There will be no food on the ground today. ²⁶ You may gather the food for six days, but the seventh day is the Sabbath. There will be no food on the ground that day.”*

²⁷ *Some of the people went out anyway on the seventh day, but they found no food. ²⁸ The LORD asked Moses, “How long will these people refuse to obey my commands and instructions? ²⁹ They must realize that the Sabbath is the LORD’s gift to you. That is why he gives you a two-day supply on the sixth day, so there will be enough for two days. On the Sabbath day you must each stay in your place. Do not go out to pick up food on the seventh day.” ³⁰ So the people did not gather any food on the seventh day.*

³¹ *The Israelites called the food manna. It was white like coriander seed, and it tasted like honey wafers.
(New Living Translation)*

- ⇒ What did God do when the Israelites obeyed him?
- ⇒ It is almost as if the Israelites who did not obey just were not paying attention... “What?! There’s no manna today?!”... Why do people forget to pay attention to God? Do you ever forget to pay attention to God? What happens when we stop paying attention?

Ministry:

- ⇒ How do you react to people around you who do not obey God or the laws or their parents or...? Do you ignore them because they are not doing what they are supposed to do? Do you minister to them ignoring their disobedience? Do you find a way to minister and help them in obedience? How?
- ⇒ Is there someone God has placed around you that is like this?

Worship:

⊙ **Read Exodus 16: 32-36**

³² *Then Moses said, “This is what the LORD has commanded: Fill a two-quart container with manna to preserve it for your descendants. Then later generations will be able to see the food I gave you in the wilderness when I set you free from Egypt.”*

³³ *Moses said to Aaron, “Get a jar and fill it with two quarts of manna. Then put it in a sacred place before the LORD to preserve it for all future generations.” ³⁴ Aaron did just as the LORD had commanded Moses. He eventually placed it in the Ark of the Covenant—in front of the stone tablets inscribed with the terms of the covenant. ³⁵ So the people of Israel ate manna for forty years until they arrived at the land where they would settle. They ate manna until they came to the border of the land of Canaan.*

³⁶ *The container used to measure the manna was an omer, which was one tenth of an ephah; it held about two quart.
(New Living Translation)*

- ⊙ God wanted the Israelites to have something to help them remember what he had done. What would be something in your life that reminds you what God has done?
- ⊙ Close your group time acknowledging God is God through prayer and testimony.