

IN SEARCH OF THE NEW NORMAL

“One Day at a Time”

Exodus 16

The Israelites continued their trek in the desert as God led them from one place to another. They had obvious concerns such as where the food and water would come from. God was well aware of their needs as they were searching for their new normal and set up an existence where they were to live one-day-at-a-time and trust God for tomorrow. This is a lesson we all need to learn because there is great peace that comes from living in the moment.

#1. FINDING THE NEW NORMAL REQUIRES FOCUSING ON HAVING OUR NEEDS MET, vv. 1-3

- A. The Israelites were concerned about food, v. 3
- B. The Israelites complained to Moses—actually God, v. 2
- C. The Israelites were wanting the old normal in Egypt, v. 3

#2. FINDING THE NEW NORMAL REQUIRES HAVING OUR OBEDIENCE TESTED, vv. 4-5

- A. God will give them bread (manna), v. 4
- B. God tested them to build their faith, v. 4
- C. God wants them to live one day-at-a-time, v. 5 (Mat 6:31-34)

#3. FINDING THE NEW NORMAL REQUIRES ELIMINATING THE TENDENCY TO COMPLAIN, vv. 6-12

- A. The Lord was revealing himself to them, vv. 6-7
- B. The Lord heard their grumbling, vv. 7-8
- C. The Lord was patient with them, vv. 12

#4. FINDING THE NEW NORMAL REQUIRES TRUSTING THE LORD FOR HIS DAILY PROVISION, vv. 13-36

- A. The Lord brought them quail, v. 13
- B. The Lord brought them bread (manna) to eat, vv. 14-15, 31-36
- C. The manna is linked to Jesus, (John 6:32-59)
- D. They were to gather enough for one day only, vv. 16-21
- E. They were to gather for 2 days for the Sabbath, vv. 22-26
- F. They were to rest on the Sabbath, vv. 27-30

Discussion Questions

1. What conclusions can you draw about the accusation the people made against Moses and God? (v. 3)
2. Several times in Exodus 16 the grumbling of the people is mentioned. Why is complaining offensive to God?
3. For what reason(s) did the Lord test them? (v. 4)
4. Why did God want them to collect just enough food for each day? (Mat 6:34)
5. What was God trying to teach the Israelites about himself in this episode? (vv. 6, 12)
6. How would you describe God’s treatment of the Israelites in this passage – harsh, gracious, indifferent, etc?
7. What is significant about Jesus calling himself the bread of life? (John 6:35)
8. What parallels can you make between the manna and Jesus as the bread of life? (John 6:32-59)
9. On a scale of 1-10 how would you rate your ability to live in the moment? (10 is highest)
10. Why does God desire us to be in the moment rather than being distracted thinking about yesterday and tomorrow?
11. What is your takeaway from this passage?