

24/6

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Sermon-Based Study Guide
Good Shepherd Presbyterian Church
Exodus 16 | March 8, 2020
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I. Introduction to this Study

This week we continue our Lenten series 24/6, engaging the topic of Sabbath rest. Last week we thought together about how humanity's first day was the earth's seventh day – and it was a day of rest! In this study we turn our attention to what can so easily infringe on our rest... WORK!

II. Connecting with One Another

What is one thing you *like* about work (whether paid, volunteer, or just around the house)? What is one thing you like about *taking a break* from work?

How do you feel different on productive vs. un-productive days?

Do you – or did you – ever feel addicted to being productive?

III. Study the Text

- a. At the outset of Exodus, 400 years have passed since the conclusion of Genesis. While God's people had been honored guests in Egypt, by the time of Exodus, they are enslaved in forced labor, building storehouses for Pharaoh (see, for instance, **Exodus 1.1-14**).

Why do you think this shift occurred?

How does this reveal a different kind of work than God intended in **Genesis 1-2**?

- b. Read **Exodus 3.7-10**.

What do these verses reveal about the character of God?

What does God want for his people?

What is the "good and spacious land... flowing with milk and honey" that God wants to bring His people into now?

- c. Author Rob Bell writes, "The cry inaugurates history. It kicks things into gear. It shakes things up and gets them moving. The cry is the catalyst, the cause, the reason that a new story unfolds. But God in this story doesn't just hear the cry. God does something about it. The exodus is how God responds to the cry."

How does that speak to you, in your own suffering (whatever that is)?

- d. Read **Exodus 5.1-21**.



How does Pharaoh respond to Moses and Aaron's demand from God? Why?
How is the Israelites' work affected?

- e. Skipping ahead a bit, after God liberates His people from under Pharaoh's rule, they begin travelling through the wilderness. Read **Exodus 16.1-12**.

Why are God's people grumbling? Who are they grumbling against?
What situations prompt *your* grumbling? Why?

- f. How does God respond to the Israelites' grumbling? (see verses 4-5 and 11-12)
How has he responded to yours?

- g. Read **Exodus 16.13-18**.

How did God deliver on his promises?
How has He delivered on His promises in your life?

- h. Read **Exodus 16.19-26**.

What were the specific instructions about gathering manna? (see verse 5 and 22-26)
Why were these instructions important?

Why did some of the manna rot and begin to smell?

What was God trying to teach His people? Just as importantly, *why* was He teaching them this?

- i. Read **Exodus 16.27-30**.

Why do you think some of the people felt the need to gather manna on the seventh day? What does that reveal about them?

Have you ever done the same? Have you ever "gathered on the seventh day"?

- j. When have you found it difficult to trust in God as your provider?
How did that affect your rest?

- k. It's been said that "It's one thing to get God's people out of Egypt. It's another thing to get Egypt out of God's people."

What do you think that means? Do you agree? Why or why not?

IV. Pray

- a. Ask God to reveal to you a sustainable work/life balance, with space for Sabbath,
- b. Lift up those you know who are caught in a ceaseless cycle of production, for whom the yoke is difficult and burden is heavy.

V. Digging Deeper

- a. How do the realities of work change in **Genesis 3**?

