

2020 | *In the Midst*

# BIBLE STUDY LEADER GUIDE



# *LIFE GROUP LEADERS*

WE MISS YOU. Though we won't be gathering together at camp, we are still excited to see what Jesus is going to do in the lives of students this summer. This year has not been what anyone expected. Instead, it has been an unprecedented time of challenge and change. Life as we knew it before is now different. Words such as quarantine, shelter-at-home and social distancing have become part of our everyday conversations. Much uncertainty, sickness and loss has become the norm.

Yet, in the midst of these difficult times God has not left us. He is faithful and remains active in our lives. None of this caught Him by surprise. He has a purpose and a plan for everything, even when it is hard to see. In this Bible Study, we hope you will experience a deepening of your understanding in God's faithfulness to His chosen people, the Israelites, as He takes Moses on a faith journey of his own. You will learn how faith requires trust, risk, and dependence on God.

This Leader Guide provides you a detailed plan for each lesson in our Bible Study. Below is a description of everything included for each lesson:

## *OVERVIEW*

This provides a daily overview with a Main Point, Life Questions, Scripture passages, and a Focus Verse.

## *GATHER THESE SUPPLIES / PREPARE AHEAD OF TIME*

This is the list of supplies you need each day. And preparations to make before the session to help your time run smoothly.

## *MOTIVATION*

The motivation section includes Ice Breakers designed to introduce the concept for the day and to create interest in the following Bible study material.

## *EXAMINATION*

This section includes reading the Scripture passages and discussion questions to encounter the meaning and truth of each Bible passage. Each discussion question has suggested answers in parenthesis below the question to provide handles for you as a leader. These are not the only answer, but can help show what we are trying to highlight.

## *APPLICATION*

The application section allows you as the leader a time to sum up the lesson in a personal way, and it allows the students to put into words what they have learned.

We are praying for you as you walk through these lessons with students. Remember, you may not know all of the answers students ask, but you are empowered by the Holy Spirit. Don't underestimate the power of being an adult who genuinely cares for students. Thank you for investing in and ministering to students!

THE STUDENT LIFE CAMP TEAM



## OVERVIEW

### Main Point:

Students will learn how faith requires trust and willingness on our part. When God calls, we must respond with action.

### Study Passage:

Burning Bush

*Background:* Exodus 3:1 – 4:17

*Focal:* Exodus 3:1-6, 10-17, 4:10-17

### Key Verse:

“Now go! I will help you speak and I will teach you what to say” Exodus 4:12

### Life Questions:

- Have you trusted Jesus as Lord and Savior of your life?
- What evidence exists in your life of your trust or lack of trust in God for direction in life?
- What is God calling you to do? What is keeping you from action?
- What do you need to let go of in order to trust God? What action can and will you take?

### Scripture Truths:

- God is always the initiator. He pursues us and meets us in unique and personal ways.
- God is at work around us. We are to be aware of what He is doing, trust Him, and join Him.
- Following God requires willingness and action on our part. We must let go of who we think we are and what we think we can do.
- God desires to use His followers and He works despite any limitations on our part.

### Gather These Supplies:

- Pens
- Index cards-enough for 2 per student

### Prepare Ahead of Time:

- Print each of these truths on strips of paper or write them on an index card.
- God is always the initiator. He pursues us and meets us in unique and personal ways.
- God is at work around us. We are to be aware of what He is doing, trust Him, and join Him.
- Following God requires willingness and action on our part. We must let go of who we think we are and what we think we can do.
- God desires to use His followers and He works despite any limitations on our part.

## MOTIVATION

Instruct students to partner with two others and discuss these questions. Ask questions one at a time, allowing time for groups to discuss.

- **What has been the biggest challenge you've faced this year?**
- **Where have you grown the most this year?**

**Say: Our Bible Study will focus on the book of Exodus in the Old Testament. It's about a man named Moses, a hero of the Christian faith. Some of you may know him and others may not, but we're going to play a true/false game to refresh our memory on who Moses was.**

### ICE BREAKER: Who would you trust?

Read each of these "Who would you trust" questions and let each student in your group decide who they would trust most in the scenario. Have everyone share, and even debate a little, before moving on to the next question. There are no right or wrong answers so have fun thinking about these actually occurring.

- **Who would you trust to post an embarrassing picture of you?**
  - Your mom or your best friend
- **Who would you trust to give you a haircut?**
  - Your Student Pastor or your sibling
- **Who would you trust to spoon feed you in public?**
  - your grandma or a monkey
- **Who would you trust to drive the car while you're in the passenger seat?**

- An automated driving car or a 10 year old
- **Who would you trust to pick out your clothes for tomorrow?**
  - Yourself or a professional stylist
- **Who would you trust to keep your deepest secret?**
  - Someone who can only keep 3 secrets at a time and tells the oldest secret they know when they're told a new one or someone who literally cannot lie
- **Who would you trust to protect you more?**
  - IronMan or Thor
- **Who would you trust to serenade you?**
  - An opera singer or a yodeler
- **Who would you trust to make you dinner?**
  - Remy (the rat from Ratatouille) or Pumbaa from the Lion King

Say: **Let's take a look at one experience in Moses' life where he had to trust God's calling on his life.**

## *EXAMINATION*

**Read Exodus 3:1-6**

Say: **Our Bible Study will focus on the book of Exodus in the Old Testament. It's about a man named Moses, a hero of the Christian faith. Some of you may know him and others may not, but we're going to play a true/false game to refresh our memory on who Moses was.**

Say: **As I read the following statements, give a thumbs up if you believe the statement is true about Moses. If you believe it is false, then give a thumbs down. For each false statement, ask students to share what they think makes it false. Keep track of how many you get correct!**

1. He was saved from death as a baby by his mom who placed him in a basket that floated downstream. (T)
2. He was a Levite by birth. (T)



3. He was found by Pharaoh's daughter and raised as her child. (T)
4. He killed a Hebrew. (F-Egyptian)
5. He fled to Midian. (T)
6. He married a lady named Zipporah. (T)
7. He was a tentmaker by trade. (F-shepherd)
8. He accepted his call from God immediately. (F)
9. He had a speech problem. (T)
10. He died at the age of 80. (F-120)

Ask: **What do you think it means to have faith?**

(Answers will vary.)

Say: **Hebrews 11:6 says, “now faith is the reality of what is hoped for, the proof of what is not seen.” Faith is trusting God by believing what He has told us through His word. Faith is not a destination; it’s a journey. As we take a look at the faith journey of Moses, we hope that everyone will discover things about their own faith journeys.**

Say: **Moses had settled into his life of tending sheep for his father-in-law. He was a husband and father and had a fairly normal life for that day and time.**

Ask: **How did God get Moses' attention?**

(A burning bush that was not consumed.)

Say: **God took the initiative and pursued Moses. The bush was His invitation to Moses. The burning bush accomplished its purpose of capturing Moses’ attention—Moses responded. When Moses first noticed the bush on fire and not being consumed, he went closer to check it out. What happened next has much significance for us today. God called Moses by his name.**

Ask: **What does this say about God?**

(He knows us and deals with us individually and personally.)

Ask: **How does the fact that the God of the universe knows your name and all the details about you give you assurance and affirmation?**

(Answers will vary. Some answers may include, I have significance and purpose. I feel safe knowing the creator of everything knows and cares for me.)

Say: **Moses could have ignored the burning bush or chosen not to go closer. Likewise, we have a choice: either move closer to see what God wants to teach us and do in our lives or to ignore Him.**

Ask: **In verse 5, God instructed Moses to take off his sandals. Why did Moses take this action?**

(Out of respect and reverence for God.)

Ask: **What made the ground holy?**

(Not the ground itself but the presence of God.)

Ask: **Is the space we are in now 'holy ground'?**

(Anywhere we encounter the presence of God is a special and honored place.)

Ask: **How should we respond knowing that we are in the presence of God?**

(With reverence. We shouldn't take lightly being in God's presence. We should seek to honor and live for Him. As believers, the Spirit of God dwells in us meaning we are always in the presence of God. We should live seeking to honor God, not just when we want to, but all the time.)

Ask: **In verse 6, the Bible says that Moses hid his face. Why do you think he did this?**

(He had learned that the true God—the God of his ancestors—was speaking to him and he was afraid. He was taking a posture of reverence.)

Say: **An experience with the holiness of God can make us aware of areas in our lives that are not holy. We should continually be asking God to show us areas of their lives that are not pleasing to Him and help us let go of these.**

## *OUR BURNING BUSH*

### **Instructions:**

Ask for three volunteers. Choose one of the students to be the “distractor” while the other two students try to ask and answer the five questions below. One of the students will ask, while the other answers.

“The distractor” will have the responsibility of trying to get the other two student’s attention. They are allowed to do whatever is necessary within reason and from 6 feet apart (asking questions over and over, yelling, singing, dancing, telling jokes, answering questions themselves, etc) to get their attention.

### **Questions to be asked/answered while being distracted:**

1. What is your favorite color?
2. What is your favorite tv show and why?
3. How old are you?
4. What is your favorite subject in school?
5. What is your favorite drink?

After the activity, ask the students who participated in the activity the questions below.

Ask: **Was it easy to hear what the other person was saying?**

Ask: **What was the hardest part of having a conversation while being distracted?**



Ask: **What must God do to get your attention? Is it easy for him? Or are you distracted by other things that it is hard to hear Him?**

Ask: **Identify the one thing that consumes most of your attention. What is it?**

**Read Exodus 3:10-17**

Ask: **What was the huge task God gave Moses?**

(God was going to show His faithfulness to the Israelites by using Moses to lead them out of Egypt and slavery.)

Say: **Moses allowed his insecurities and inadequacies to become the focus. He was reluctant, but God did not take “no” for an answer because He had chosen Him for this purpose.**

Ask: **How did God respond when Moses claimed to be unfit and unworthy in verse 11?**

(God assured him that he would be with him. God’s presence was more important than Moses’ capabilities.)

Ask: **How did God respond when Moses asked who was sending Him in verse 13?**

(Moses was worried the Israelites wouldn’t take him seriously, so God informed Moses to say that I AM had sent him. This name would show the Israelites the God of their ancestors sent Moses.)

Say: **God referred to Himself as *Yahweh*. He is trustworthy and He is not dependent on anyone or anything outside of Himself. He has ultimate authority over the past, present, and future. He is our ultimate provision.**



**Read Exodus 4:10-17**

**Say: Look at verse 10, where we see Moses try yet again to get out of his assignment. He claimed he was not a good communicator, but God responded by reminding Moses that He had made all of him, including his mouth and tongue. He would help him speak and teach him what to say.**

**Say: Even though Moses kept insisting to God that he did not want to go and that he wasn't fit for the job, God would not give up on him. He provided Moses' brother, Aaron, to be his spokesman.**

**Ask: If God came to you and told you the same thing He told Moses, what excuses would come to your mind and cause you to be hesitant?**

**Say: Often, we need others to help us in our tasks. God did not create us to be 'lone ranger' Christians. We are to help others and allow others to help us.**

**Ask: What was Aaron's role?**

(Assistant, voice of Moses, companion, brother)

**Ask: Who is or has been an Aaron to you?**

(Answers will vary. Encourage students to thank their "Aaron" in some way in the next few days.)

**Ask: To whom can you be an Aaron?**

(Challenge students to spend time with the person who needs them to be an "Aaron." Oftentimes, younger students in the student ministry or their class need a friend like Aaron.)



## APPLICATION

Ensure each student has a pen and something to write on. Give them a few minutes to reflect and list specific areas in their life with which they need to trust God (school, a relationship or friendship, future, etc.)

Next, lead them to list things they find as barriers or something that keeps them from trusting God in these areas. It could be fear of failure or rejection, apathy, wanting to remain in their comfort zone or have an easy life, believing they are defined by their past, or something else.

**Say: When we see who God truly is, we realize that these barriers are not as powerful as Him. If God can cause a bush to be on fire without being consumed and burnt to a crisp, then He is capable of overcoming many things. The greatest confidence we find in trusting God comes from reminding ourselves that Jesus died to forgive us of our sins and rose again. He loved us enough to lay down His life to allow us to have a relationship with Him if we have faith in Jesus as our Savior. Then Jesus rose from the dead - the greatest thing we can face in life. Since Jesus conquered death, we can have confidence He is someone we can trust with the biggest things we face in life.**

**Say: If you have not trusted Jesus as Lord and Savior of your life and want to talk after our session, let me know. I would love to talk to you about the most important decision.**

Ask for four volunteers. Give each one of the truth strips with the truths below written on them and invite volunteers to take turns reading aloud their truth.

- God is always the initiator. He pursues us and meets us in unique and personal ways.
- God is at work around us. We are to be aware of what He is doing, trust Him, and join Him.
- Following God requires willingness and action on our part. We must let go of who we think we are and what we think we can do.
- God desires to use His followers and He works despite any limitations on our part.

**Say: God is always faithful, and we are to trust Him and maintain a strong faith in the good and challenging times.**

**Pray and dismiss.**



# SESSION II

## FAITH TO GO INTO THE UNKNOWN

### OVERVIEW

#### Main Point:

Students will learn how faith sometimes requires going into the unknown. We are to take a risk for Christ and allow Him to work through us so His power will be displayed and He will get the credit.

#### Passage:

- Parting of the Red Sea
- Background: Exodus 13:17–14:31
- Focal: Exodus 13:17-22; 14:10-18,21-28

#### Focus Verse:

“But Moses said to the people, ‘Don’t be afraid. Stand firm and see the Lord’s salvation He will provide for you today’ (Ex. 14:13a).

#### Life Questions:

- To what or whom do you look when faced with the unknown?
- What is something you are being asked to trust God with and walk in faith?
- What obstacles are in your way of doing this?
- What steps must you take to overcome your fears of this and be willing to move out of your comfort zone?
- What are some lessons you have learned from the past that you can apply to the future?

#### Scripture Truths:

- We must trust God with the present and future.
- God wants to show Himself to us and do God-sized tasks in our lives.
- When God calls us out of our comfort zones, we must respond by taking action and allowing God to work through us.



- We can walk in faith because God has been faithful in the past.

### **Gather These Supplies**

- White paper, poster boards, or butcher paper.
- Markers and pens
- Index cards

### **Prepare Ahead of Time**

- Write each of these truths on a strip of paper.
  - We must trust God with the present and future.
  - God wants to show Himself to us and do God-sized tasks in our lives.
  - When God calls us out of our comfort zones, we must respond by taking action and allowing God to work through us.
  - We can walk in faith because God has been faithful in the past.

## *MOTIVATION*

### **ICE BREAKER: CHOOSE AN ADVENTURE**

Instructions:

Split your students into several groups so there are 3-4 students in each group (this can also work well as individuals). Provide each group with something to write on (piece of paper, poster board, etc.) and markers.

Instruct each group to choose a fun, adventure activity to go and participate in that they have not done before. One example might be skydiving. Once they have made this decision, lead them to discuss the following:

- What gets you excited about this activity?
- What fears or anxieties do you have surrounding doing this?
- What risks are involved in this activity?
- What/who might you consult to find information about this activity?
- What preparations do you need to make?

Ask: **Have you ever realized that participating in a new activity requires us to leave our comfort zones? When you think about the fears, risks, and unknowns of participating in a new adventure, how does that relate to our faith journey?**

(Both participating in a new adventure and living out our faith call us out of our comfort zones).

Say: **Over the past several months with the onset of COVID-19, we have experienced many uncertainties and unknowns and have had to consider the risks associated with what was once everyday life activities. Today, we will take a look at the Israelites' journey out of Egypt and across the Red Sea. This journey was into the unknown and was full of risks. God led the people by working in and through Moses, who moved them out of bondage in Egypt.**

## *EXAMINATION*

Ask: **Would several of you share something you learned from the first lesson?**

(Answers will vary.)

**Read Exodus 13:17-22**

Ask: **Who led the Israelites out of Egypt?**

(God through Moses.)

Ask: **Why did God lead the Israelites on the long way to Canaan?**

(God knew the people better than they knew themselves. He knew they would want to change their minds and go back to Egypt if faced with war from the people of the land or the Egyptians.)

Discuss this statement: **God's way is always the best, even if it is not the easiest route. Do you think this is true? Do you struggle believing this? Why or why not?**

(Answers will vary.)



Ask: **How does the fact that God fulfills His promises affect the way you live?**

(You learn to trust God more. Since He has promised to be with us and care for us, we can live with faith even in uncertain times. We don't have to doubt that He is working for our good.)

Ask: **How did God lead the Israelites?**

(Pillar of cloud by day and pillar of fire by night which signified God's presence.)

Ask: **In verse 22, the pillar of cloud and pillar of fire never depart from the Israelites. Why is that important?**

(God cares for His people and wants to be with them. Just as God did not leave the Israelites, He will never leave us.)

Ask: **How does God make Himself known and lead us today?**

(Scripture, prayer, other believers.)

**Read Exodus 14:10-18**

Ask: **What was the response of the Israelites when they saw the Egyptians coming after them?**

(They were terrified and cried out to God. They told Moses they would have been better staying in Egypt than to die in the wilderness. They were ungrateful and lacking trust.)

Ask: **Describe a time when seeing the big picture made the events/circumstances make so much more sense.**

(Answers will vary.)

Ask: **What words of wisdom did Moses impart to the people?**

(They were not to be afraid but rather to stand firm because God was going to fight for them. This gave them confidence and strength in the midst of uncertainty.)



Ask: **How might taking those words to heart help us today?**

(When we are filled with fear of the future and everything going on around us, we can take comfort knowing that God is with us. God is steady and unchanging even when our world isn't.)

Ask: **What plans did God have for the Israelites?**

(They would cross the Red Sea on dry ground.)

Ask: **What plans did God have for the Egyptians?**

(Their hearts would be hardened so that they would go in after the Israelites. God planned to get the glory.)

Ask: **Describe a time when God helped you through a seemingly impossible situation.**

(Answers will vary.)

**Read Exodus 14:21-28**

Ask: **How did God provide for the Israelites?**

(He protected the Israelites by parting the waters and allowing the people to cross over. He provided a way out of an impossible situation for them. He also caused the Egyptians to drown in the water.)

Ask: **How did God demonstrate His wrath on the Egyptians?**

(He confused them, made their drive difficult, and caused the waters to overcome them. The Egyptians worshipped gods other than the One, True God and were punished for it.)

## ACTIVITY- Drawful

Instructions:

Make sure your students have a piece of paper or something to draw on and a pen to draw with. Some of your students may have played the game “Drawful” on Apple TV and that is the game we are going to play to help your students imagine what the Israelites experienced crossing the Red Sea. For each category, you will give your students a minute and a half to draw what you say. As soon as the timer goes off at a minute and a half, they must stop drawing and reveal their picture. No one’s picture is going to look very good! After each round take a few minutes so everyone can look at each others drawings.

Categories to draw:

- Moses stretching his staff to part the Red Sea.
- What you would have seen in a wall of the parted Sea.
- Someone pulling a cart between the parted waters.
- The Israelites celebrating on the other side of the Red Sea.

## APPLICATION

Say: Think back to the adventure activity we talked about at the beginning of the lesson. **With any adventure activity, whether it be coaches for sports, jumping out of a plane, riding in a hot air balloon, rock climbing, white water rafting, etc, the guide is so important.**

Ask: **Why is the guide so important?**

(The guide or coach knows the right way to go and how to get there. And they help others grow and learn. They are people that others can trust to lead them in the right way.)

Ask: **How is God similar to a guide in our lives?**

(He leads and directs us in our steps. He protects us. He teaches us and cares for us.)

## REFLECTION

Give each student an index card (or something else to write on) and pen. Instruct them to respond to the following questions.

1. **To what or whom do you look when faced with the unknown?**
2. **What is something you are being asked to trust God with and walk in faith?**
3. **What obstacles are in your way of doing this?**
4. **What steps must you take to overcome your fears of this and be willing to move out of your comfort zone?**
5. **What are some lessons you have learned from the past that you can apply to the future?**

Ask for four volunteers. Give each one of the truth strips with the truths below written on them and invite volunteers to take turns reading aloud their truth.

- **We must trust God with the present and future.**
- **God wants to show Himself to us and do God-sized tasks in our lives.**
- **When God calls us out of our comfort zones, we must respond by taking action and allowing God to work through us.**
- **We can walk in faith because God has been faithful in the past.**

Say: **There will be many times in our lives as followers of Jesus that God leads us to places unknown. Fears and uncertainties will rise as we attempt to figure out what is going on, but in the midst of it all we know we can trust that God is with us in the midst of every circumstance.**

## OVERVIEW

### Main Point:

Students will learn how faith sometimes requires waiting. During this time, we are not to complain but depend on God to deliver.

### Study Passage:

- Manna and Quail
- Background: Exodus 16:1-36
- Focal: Exodus 16:1-5,13-15,20-26

### Focus Verse:

“I have heard the complaints of the Israelites. Tell them: At twilight you will eat meat, and in the morning you will eat bread until you are full. Then you will know that I am the

Lord your God” (Ex. 16:12).

### Life Questions:

- When have you waited on God?
- What did you do during your wait?
- When has your faith been tested?
- How did you respond?
- Was complaining or whining a part of it?
- What are ways you trust God in your waiting and trials?

### Scripture Truths:

- God provides and delivers but not always in our time.
- We must depend on God during these times of waiting.
- God often takes opportunities to test our faith.

- We must trust that God knows what’s best for us and has a plan and purpose for us.

### Gather These Supplies

- Index cards or printer paper
- Pens

### Prepare Ahead of Time

- Write each of these truth statements on a separate index card:
  - God provides and delivers but not always in our time.
  - We must depend on God during these times of waiting.
  - God often takes opportunities to test our faith.
  - We must trust that God knows what’s best for us and has a plan and purpose for us.

## MOTIVATION

### ICE BREAKER: HEAD TO HEAD

Find two volunteers who want to participate in a head to head battle. Have them play rock paper scissors to decide who goes first. The two students will take turns going back and forth making a complaint about anything. After a student says a complaint, the other student only has 10 seconds to respond with another one. The game goes back and forth until someone doesn’t come up with another one within the 10 second time frame. You can play multiple rounds with different students as time allows.

Note: the complaints can be about anything, but should not be directed in a negative way towards someone else. A few examples of complaints:

- “It’s too hot outside.”
- “My lunch gave me bad breath.”
- “I’m hungry.”
- “I’m bummed there’s no sports to watch right now.”
- “The year of 2020 hasn’t been what I hoped.”

Say: **Today, we are going to talk about how faith sometimes requires waiting on God. We will see how Moses and the Israelites had to wait for God to provide food.**

## EXAMINATION

Ask for a couple of students to share something that stuck out from the second session of Bible study.

**Read Exodus 16:1-5**

Ask: **What were some of the complaints of the Israelites in these verses?**

(In Egypt we had all the meat and bread we wanted. God brought us out in the wilderness. God is going to let us die of hunger.)

Ask **Do you think the Israelites' complaints were valid? Why or why not?**

(Answers will vary.)

Ask: **What should happen to those complaints that are legitimate?**

Say: **The Israelites were hangry. They wanted food, they were frustrated with their situation, and they made sure Moses and the Lord knew about their thoughts.**

Ask: **How did God respond to the Israelites' grumbling and complaining?**

(God responded by providing Manna, food, for the Israelites.)

Ask: **What other possible responses could God have given?**

(Answers may vary. Been angry, refused to give them food, etc.)

Say: **God chose to provide for the Israelites by providing food for them to eat. He cared for His people and ensured they were taken care of. However, God did give the Israelites some guidelines on the food. They were to gather only enough for the day, and on the sixth day, they were to gather twice as much so they would not have to gather on the seventh day, which was the Sabbath.**

Say: **The Israelites were being asked by God to live day-by-day, trusting that He would provide for them. Day-to-day living is sometimes very difficult; it means we are living in the moment. We often find it easy to look back on the 'good old days' or look forward to a grand thing in the future, but then we miss out on the present. Walking by faith is a challenge to live day-to-day trusting God rather than relying on our own abilities.**

Ask: **What reason does verse 4 give for God's stipulation on the food provision?**

(This was to test them to see if they would follow His instruction and obey Him. God wanted the Israelites faith and trust in Him to grow through the daily practice of collecting Manna.)

Say: **God often takes opportunities to test our faith. It's safe to say that in the last few months we have all experienced a text of faith for us through COVID-19. Can we have several people share a time in your life when this was the case? It can be related to the last few months or something at another time of your life.**

**Read Exodus 16:13-15**

Ask: **How did God provide for the Israelites?**

*(He provided quail and manna to eat.)*

Ask: **What was manna?**

**Manna:** Grain-like substance, considered to be food from heaven, which sustained the Israelites in the wilderness and foreshadowed Christ, the true Bread from heaven.

**Old Testament** (Ex. 16): The small, round grains or flakes, which appeared around the Israelites' camp each morning with the dew, were ground and baked into cakes or boiled. Their name may have come from the question the Israelites asked when they first saw them: "What is it (man hu)?" The Bible emphasizes that God caused manna to appear at the right time and place to meet His people's needs.

**New Testament** (John 6): Jesus assured the Jews that He, and not the wilderness food, was the true Bread from heaven, which conferred eternal life on those who partook of it.

*(Source: Holman Dictionary online)*

Say: **Imagine walking out of your home every morning to a front lawn covered in Frosted Flakes. This could be similar to what manna was like for the Israelites. Think about what it would be like grabbing a bowl to collect these flakes to have the food you need to eat for the day.**

Ask: **What would be some benefits to having your food rain from heaven?**

(Not having to go buy groceries, not having to think about what to eat, never having to cook, etc.)

Ask: **What would be some negatives about this?**

(No variety in what you eat, having to do it every day instead of once a week, you'd have to wake up earlier in the morning, etc.)

Ask: **If God rained food out of the sky today, what would you want it to be?**

(Answers will vary.)

**REFLECT:** Distribute a sheet of paper and a pen to each student. Instruct students to divide the paper into four sections. Have them label each of the four sections as: physical, emotional, spiritual, and relational.

Say: **Write down needs or desires you have in each of these categories. For example, maybe you have an emotional desire for more peace with something you're going through. Spend a few minutes thinking and writing down desires you would ask the Lord to do for you in each of these areas.**

Give your students a minute or two to write down several thoughts in each category. Ask if anyone would be willing to share to help spark ideas for others in the group.

Say: **God cares about our needs because He cares about us. Though, He knows what is best for us and may not always give us what we desire in the timeline we want; He is working in our lives to provide for us. However, it is not easy waiting for God to meet our needs as we've seen in our Scripture passage with the Israelites. We're going to spend a few minutes reflecting on trusting the Lord while we wait. As I read them, spend a few minutes reflecting on how you would answer them and write down your honest responses to these questions.**

Read:

- When have you waited on God?
- What did you do during your wait?
- When has your faith been tested?
- How did you respond?
- Was complaining or whining a part of it?
- What are ways you depend on and trust God in your waiting and trials?

Say: **We can trust God to meet our needs. Sometimes He meets them immediately and sometimes He asks us to wait so He can teach us to trust Him. In both of these scenarios, we should pray for an increased faith and ask God to help us to learn everything He wants us to learn in the circumstances we are in.**

Say: **God also, often uses other people to meet our needs. In turn, we should be eager to meet others' needs.**

Ask: **How have you seen God provide for you and those around you these past several months?**

(Answers will vary).

Ask: **How can we help meet others' needs? Be specific.**

(Be a friend to someone who doesn't have many, volunteer to serve at your church, ask a neighbor if they need help with anything, and other ways. Encourage your students to get specific in their lives, with names, places, and situations. Set up a local missions project to serve your community this summer - Student Life has a Mission Camp At Home resource available on our website to help provide some ideas.)

**Read Exodus 16:20-26**

Ask: **What are some examples of situations where there are consequences for being late to something?**

(You get detention when you're late for school. If you're late to practice, you have to run. When you're late to the movies, you may miss part of it.)



Say: **There was a time limit imposed on the Israelites when it came to collecting manna. They were to gather it in the morning before the sun grew hot.**

Ask: **What happened when the sun grew hot?**

(The manna melted. Verse 21.)

Ask: **What happened when they did not make it out to collect the food?**

(It bred worms and smelled.)

Ask: **What instructions were given for the sixth day? Why?**

(They were to gather twice as much food so they could rest on the Sabbath.)

Say: **God wanted the Israelites to honor Him by keeping one day a week holy and restful. Back in Moses' day, the people were basically not allowed to do anything on the Sabbath so they could rest and honor the Lord.**

Ask: **When is the Sabbath for us? How can we keep it holy?**

(Typically, Sunday's - or the day your church gathers for services. We can keep it holy by not putting anything before Jesus. Attending church and making it a priority to gather with other believers.)

Ask: **Why is rest so important?**

(During creation, God modeled rest by resting on the seventh day. As humans, we were created with the need to rest. It reminds us that we are not God. Rest is important for us to feel refreshed and operate to the best of our abilities.)

Say: **Even though the Israelites may have thought God was ignoring them for a long time, God did not ignore their complaints. He responded by providing for their needs.**

Reflect and discuss: **Have you ever found yourself to be in a place similar to that of the Israelites? Based on this study, in the future when these times come, how will you respond?**

## *APPLICATION*

Ask for four volunteers. Give each one of the truth strips with the truths below written on them and invite volunteers to take turns reading aloud their truth.

- God provides and delivers but not always on our time table.
- We must depend on God during these times of waiting.
- God often takes opportunities to test our faith.
- We must trust that God knows what's best for us and has a plan and purpose for us.

Say: **Waiting feels very passive, but in reality, waiting should be active for followers of Jesus. We wait on Him to answer our prayers, to change circumstances, and to increase our trust in Him. While we wait we want to be working to use our waiting to build our faith in Jesus. Write down these five steps to active waiting, so you can look back at them in the future.**

1. Believe that God hears you.
2. Watch and expect God to move but be prepared for the unexpected.
3. Remember God is good, faithful, and in control.
4. Resist complaining and choose to be patient.
5. Wait on God and fight drifting toward losing faith.

Encourage students to keep this card in their Bibles for the next time they find themselves waiting on God.

## *PRAYER*

Lead students to find a partner. Instruct them to share prayer requests and pray together.