**Discussion Questions:**

**Rescued: Food for Thought**

**Exodus 16 1-5;27-35**

**Ice Breakers**

1. The sermon opened with *The Matrix* — if you could instantly “download” one skill or ability like Neo, what would it be and why?
2. Exodus 16 introduces “What is it” (mana). What’s the strangest or funniest food you’ve ever eaten (or been served)? How did you react?

**Exploring the Passage**

1. In Exodus 16, why do you think God led His people *into* the desert rather than straight to the Promised Land? What might this tell us about His purposes for our own “desert” experiences?
2. The Israelites remembered Egypt as a place with “pots of meat,” even though it was also a place of slavery. Why do you think people (us included) sometimes romanticize the very things that once enslaved us?
3. God provided manna daily rather than all at once. What lesson was He teaching His people by doing that?
4. In what ways can “daily manna” show up in our own lives — spiritually, emotionally, or practically?
5. The sermon compared the desert to a “gym of sanctification.” How have you seen difficult seasons build spiritual “muscle” in yourself or others?
6. How does the idea that “God’s tests are for training, not disqualification” change the way you view hard times or personal failure?

**Introspective Questions – the following questions could be used for personal reflection or as Triad or Partner prayer. Split people into small groups. Have them share with each other and pray for each other.**

1. Think about a “desert” season in your life. Looking back, can you see ways that God was providing for you even when you didn’t recognize it?
2. What is one area right now where you sense God is inviting you to trust Him daily — to rely on “manna” rather than a “download” solution?