

# PEAKS AND POTHOLES



## The Littlest Details Peaks and Potholes — Session Three Matthew 6:25–34

6.1.25

Our Peaks and Potholes series has featured an Old Testament background story each week that has helped framed the conversation about faith.

This week, this take home guide gives you a chance to do a deeper dive into the Old Testament background passage — which should be fascinating and build upon what we heard in celebration worship this past week.

So grab your Bible, your journal, your pen, set aside some quiet time each day and get digging!

The passage is Exodus 16 – God Provides Manna

To get started, read the passage but read it by breaking it down into the following bite sized chunks.

Open your Bible and read it as it unfolds below

### 1. The Context of Need (Exodus 16:1–3)

- The Israelites' complaints highlight their immediate needs and fears.
- Reflect on how we often express our needs and frustrations.

### 2. God's Response (Exodus 16:4–12)

- God hears their cries and promises to provide.
- Understanding that God knows our needs before we ask.

### 3. The Provision of Manna (Exodus 16:13–15)

- The miraculous nature of manna as a daily provision.
- Discuss the significance of the name 'manna' and its meaning.

### 4. Instructions for Gathering (Exodus 16:16–30)

- The importance of obedience to God's instructions.
- Explore what it means to trust God daily and not hoard His blessings.

### 5. The Lasting Reminder (Exodus 16:31–36)

- God instructs the Israelites to keep a jar of manna as a testimony of His provision.
- Reflect on how we remember and celebrate God's faithfulness in our lives.

After you have finished reading through the passage — using your journal summarize and jot down answers to the following questions

1. What are some common ways we express our needs to God?
2. How do you feel when you are in a situation of need? How does that affect your faith?
3. In what ways has God provided for you in the past? Can you recall specific instances?
4. How can the practice of gathering daily provisions be applied to our spiritual lives today?
5. What are the implications of trusting God for our daily needs in a culture that encourages self-sufficiency?
6. How does remembering God's past provisions help us in times of current need?

Now just to clarify for you — Manna is NOT the primary ingredient of Bucee Nuggets — just to be clear :)

Now use your journal and spend some time each day wrapping your thoughts back around some of the big concepts of faith

Day 1: Reflection on Needs

What are some needs or desires you currently have?

Write them down and express them to God in prayer.

Day 2: Recognizing God's Past Provision

Reflect on a time when God provided for you in a surprising or unexpected way.

How did that experience shape your faith?

Day 3: Daily Dependence

Write about what it means to depend on God daily.

How can you incorporate this practice into your routine?

Day 4: Obedience in Gathering

Consider an area of your life where you struggle with obedience to God.

What steps can you take to align your actions with His instructions?

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Consider an area of your life where you struggle with obedience to God.

What steps can you take to align your actions with His instructions?

Day 6: Trusting God in Uncertainty

Write about a current situation where you feel uncertain.

How can you trust God to provide in this situation?

Day 7: Sharing Your Story

How can you share your experiences of God's provision with others?

Write down some ideas for how to encourage someone who may be struggling with their faith.

This study guide encourages deeper reflection on Exodus 16 and the nature of God's provision.  
Or another way of saying it is living by faith.

Make sure you are continuing the Peaks & Potholes 21 Day Challenge