

## Just Enough – Just In Time

### THE PASSAGE

Exodus 16:1-36

### LIFE LESSONS

*Desert Panic Sets In When We Forget . . .*

(1) A **DESERT** doesn't always mean a **WRONG TURN**.  
Exodus 16:1 & Exodus 13:21 Matthew 4:1 Psalm 23 1 Peter 1:6-7 Proverbs 3:5-6

(2) To build your **FAITH**, record your **BLESSINGS**.  
Exodus 16:2-3 1 Thessalonians 5:16-18 Ecclesiastes 7:10

(3) God's **DELIVERY SYSTEM** is just enough – just in time.  
Exodus 16:21-22 & Deuteronomy 8:3 Proverbs 22:3 1 Corinthians 10:1-13

(4) God meets us in our **DOUBTS** & tests us in our **BLESSINGS**.  
Exodus 16:4 John 20:24-29 Mark 9:14-27 Romans 2:4 Matthew 25:14-30

# Growth Group Homework

For the week of March 13, 2016

---

## QUICK REVIEW

Looking back at your notes from this week's teaching, was there anything that particularly caught your attention, challenged or confused you?

## MY STORY

**1.** Larry mentioned that God meets us in our doubt and tests us in our blessings. Can you think of any ways you've seen this play out in your own life?

**2.** This weekend we were encouraged to record our blessings if we want to build our faith. From having a roof over our heads, having plenty of food and having the freedom to follow God, we all have many blessings in our life. As you think through your day or week, take some time to write down at least 20 things you're thankful for in the following areas:

- House
- Church
- Neighborhood
- Work
- Community
- Other

## DIGGING DEEPER

**1.** One of the biggest challenges we can face is to remain calm and not panic when facing a crisis. Often times, it's during this sort of challenge that we make an emotional decision or revert to old ways of dealing with stress (often negative). What guidance do the following verses give that could help someone who is tempted to make an emotionally charged decision?

**James 1:5** *New International Version (NIV)*

<sup>5</sup>If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you.

**Psalms 25:12-16** *New International Version (NIV)*

<sup>12</sup>Who, then, are those who fear the LORD?

He will instruct them in the ways they should choose.

<sup>13</sup>They will spend their days in prosperity,  
and their descendants will inherit the land.

<sup>14</sup>The LORD confides in those who fear him;  
he makes his covenant known to them.

<sup>15</sup>My eyes are ever on the LORD,  
for only he will release my feet from the snare.

<sup>16</sup>Turn to me and be gracious to me,  
for I am lonely and afflicted.

**Psalms 34:17-20** *New International Version (NIV)*

<sup>17</sup>The righteous cry out, and the LORD hears them;  
he delivers them from all their troubles.

- <sup>18</sup> The LORD is close to the brokenhearted  
and saves those who are crushed in spirit.
- <sup>19</sup> The righteous person may have many troubles,  
but the LORD delivers him from them all;
- <sup>20</sup> he protects all his bones,  
not one of them will be broken.

**Proverbs 11:14** *New International Version (NIV)*

- <sup>14</sup> For lack of guidance a nation falls,  
but victory is won through many advisers.

Can you think of any emotional decisions you've made where the above verses could have been helpful?

**2.** Larry reminded us we must go through trials to strengthen our faith. While it can be easy to acknowledge this principle, it doesn't make it any easier when we're staring a trial in the face. One of the most comforting reminders is that in addition to God being there for us, we can also turn to other followers of Jesus in the midst of a trial. How do the following verses reinforce the importance of godly relationships when facing trials or hardship?

**Ecclesiastes 4:9-12** *New International Version (NIV)*

- <sup>9</sup> Two are better than one,  
because they have a good return for their labor:
- <sup>10</sup> If either of them falls down,  
one can help the other up.  
But pity anyone who falls  
and has no one to help them up.
- <sup>11</sup> Also, if two lie down together, they will keep warm.  
But how can one keep warm alone?
- <sup>12</sup> Though one may be overpowered,  
two can defend themselves.  
A cord of three strands is not quickly broken.

**Proverbs 27:17** *New International Version (NIV)*

- <sup>17</sup> As iron sharpens iron,  
so one person sharpens another.

**Proverbs 22:24-25** *New International Version (NIV)*

*Saying 3*

- <sup>24</sup> Do not make friends with a hot-tempered person,  
do not associate with one easily angered,  
<sup>25</sup> or you may learn their ways  
and get yourself ensnared.

**Proverbs 12:26** *New International Version (NIV)*

- <sup>26</sup> The righteous choose their friends carefully,  
but the way of the wicked leads them astray.

As you read through the above verses, can you think of any friend, family member or co-worker that has helped you in these areas?

**3.** Larry reminded us we're commanded to be thankful. Psalm 100 is a great example of giving thanks to God for things we can easily take for granted. As you read through the Psalm, jot down different things for which we can be thankful and praise God.

**Psalm 100** *New International Version (NIV)*

*A psalm. For giving grateful praise.*

<sup>1</sup> Shout for joy to the LORD, all the earth.

<sup>2</sup> Worship the LORD with gladness;  
come before him with joyful songs.

<sup>3</sup> Know that the LORD is God.

It is he who made us, and we are his<sup>[a]</sup>;  
we are his people, the sheep of his pasture.

<sup>4</sup> Enter his gates with thanksgiving  
and his courts with praise;  
give thanks to him and praise his name.

<sup>5</sup> For the LORD is good and his love endures forever;  
his faithfulness continues through all generations.

Which (if any) blessings in Psalm 100 do you more easily recognize? Are there any that are harder to recognize?

**TAKING IT HOME**

Go back through your My Story question # 2 and take some time to thank God for the blessings on your list. Are there any blessings that you want to make a part of your prayer life?

**Increasing Your Thanks:** Want to work more on being thankful? Here are some suggestions for making thankfulness a more regular part of your day.

- 1.** Set a recurring calendar notification on your Smartphone to remind you of a verse (like 1Thessalonians 5:16-18) or set a reminder to pray.
- 2.** Use your wristwatch's hourly beep as a prompt to give God thanks for your blessings.
- 3.** Got a wall plaque with your favorite verse? Hang it upside-down for a week as a visual reminder.

4. Use your Smartphone's home screen for Scripture instead of what you're using now. Here are some examples you can download for free  
<https://www.flickr.com/photos/biblelockscreen/sets/72157625663985375/detail/>
5. Put a 3×5 card in your car with praises or a verse on it and read the card at stoplights.

---

Prayer Requests:

- ⇒
  - ⇒
  - ⇒
  - ⇒
-