

***THE JOURNEY TO FREEDOM***  
**From Slavery to Freedom**

**God Is Sufficient**

**Exodus 15:22—17:7**

*The Lord said to Moses, “I have heard the grumbling of the Israelites. Tell them, ‘At twilight you will eat meat, and in the morning you will be filled with bread. Then you will know that I am the Lord your God.’” Exodus 16:11–12*

1. What is God’s purpose in leading Israel into the desert? (Deuteronomy 8:2–5, 15–16)
  
2. One month has passed since God delivered Israel from Egypt. What is Israel’s first reaction to being tested in this passage? (15:24; 16:2–3; 17:2–3) What is the difference between being tested and being tempted? Who tempts us, and why? (James 1:13—15; 1 Corinthians 7:5) Who tests us, and why? (Exodus 20:20; Deuteronomy 8:2) How does God respond to the people?
  
3. The Lord promises not to bring disease on Israel and to heal them in Exodus 15:26. What kind of disease does the Lord always heal if you ask? (1 Peter 2:24–25) Who do you trust for healing—whether physical, spiritual or emotional? Are there any exceptions?
  
4. Manna means “What is it?” Describe it. (See also Numbers 11:7–9.)
  
5. What does Exodus 16 reveal about God?
  
6. What is the Lord’s name in Genesis 22:14 and how does it apply in Exodus 16? What has this name meant for you personally?

7. Read John 6:31–35, 48–51 and describe how manna is a picture of Christ.
  
8. Based on their experience with God’s faithfulness, what should have been the Israelites’ reaction in their “no water” situation? What does striking the rock represent? (1 Corinthians 10:4; John 7:37–39)
  
9. How can you apply this “no water” situation to your own life?
  
10. Meditate on Philippians 4:19. How do the names of God in this week’s passage (“The Lord Who Heals You” and “The Lord Who Provides”) comfort you as you travel through your desert?