

Exodus

Still Hungry - Exodus week 9

April 19, 2026

As we journey through Exodus together, create space to listen, reflect, and grow. There is no pressure to have the “right” answers – only an invitation to be present. Trust the Holy Spirit to lead the conversation and to gently shape your heart along the way.

Israel in Egypt Israel in the Wilderness Israel in Sinai
(Exodus 1-15) (Exodus 16-24) (Exodus 25-40)

Open up together:

- If you had to eat the same meal every day for a year, what would you choose?
- What's one food you used to love but now can't stand anymore? What changed?

Read Together:

Exodus 16:2-3

In the desert, the whole community **grumbled** against Moses and Aaron. The Israelites said to them, “If only we had died by the Lord’s hand in Egypt! There we sat around pots of meat and ate all the food we wanted, but you have brought us out into this desert to starve this entire assembly to death.”

Exodus 16:4

Then the Lord said to Moses, “I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions.”

Exodus 16:11-15

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.’” That evening quail came and covered the

camp, and in the morning there was a layer of dew around the camp. When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. When the Israelites saw it, they said to each other, "What is it?" For they did not know what it was.

Numbers 11:4-6

The rabble with them began to crave other food, and again the Israelites started wailing and said, "If only we had meat to eat! We remember the fish we ate in Egypt at no cost—also the cucumbers, melons, leeks, onions and garlic. But now we have lost our appetite; we never see anything but this manna!"

Exodus 17:4

Then Moses cried out to the LORD, "What am I to do with these people? They are almost ready to stone me."

John 6:35

Then Jesus declared, "I am the bread of life."

Reflect & Share:

- The Israelites complained even after experiencing God's provision and rescue. Why do you think it's so easy to forget what God has done when things get uncomfortable?
- In Exodus 16, God provides daily manna and asks them to trust Him each day. What do you think God was trying to teach them through that daily rhythm?
- In Numbers 11, the people crave what they had in Egypt—even though it represented slavery. Why do we sometimes crave things God has already freed us from?
- The message talked about what we are "feeding" ourselves (content, comparisons, habits). What are some things in your life that might be shaping your appetite more than you realize?

- The wilderness was a place of testing and formation. How have you seen God use difficult or slow seasons to shape your trust in Him?
- **“Show me a person’s habits, and I will show you what they love.” John Mark Comer.** What do your current habits reveal about what you value or prioritize most?

Pray Together:

Take a moment to ask God to show you what you’ve been feeding your heart and where you’ve been looking for satisfaction outside of Him.

Pray for a deeper hunger for what truly gives life, and ask Him to help you trust His provision—one day at a time.