

EXODUS

PART 2: IDENTITY



JANUARY 27, 2018 | **PERSONAL** GROWTH GUIDE

Developing a Heavenly Appetite

Exodus 15:22-16:36

Message Big Idea

God sovereignly uses earthly tests to develop a heavenly appetite in us.

Reading Plan and Prayer Journal

Israel now finds themselves in the wilderness wondering where their sustenance will come from. Just like the Israelites, we have all experienced the feeling of being abandoned by God. We know in our hearts that this isn't true, but like the Israelites, we can develop an expectation of God. Sometimes just because we've experienced the salvation of God, we can expect Him to provide for us in abundance.

“If you will diligently listen to the voice of the LORD your God, and do that which is right in His eyes, and give ear to His commandments and keep all His statutes, I will put none of the diseases on you that I put on the Egyptians, for I am the LORD, your healer.”

Exodus 15:26

When God doesn't provide for us in the way we expect him to we can grow disappointed, complain, and if we're not careful we find ourselves longing for the familiarity and predictability of Egypt. God uses these wilderness tests to grow us in our trust of Him. As you read through the scripture plan this week, we're going to try a modified version of an ancient practice of understanding scripture. Here's how:

- **Reading:** Begin with reading through the passage 2-3 times and really seek to understand the individual words, phrases, and thoughts that make up the passage. Take time to journal any specifics that stand out to you. Don't try to add your own meaning, but read the text as it

comes off of the page. The goal is not to see the words with your eyes, but to feel them in your heart, mind, and soul.

- **Meditation:** This step has everything to do with thinking of specific chunks of the passage in front of you. Think about phrases and specific words that stood out to you. Focus intently on why the Holy Spirit might have chosen these words to speak to you today. Reflect on how it might apply to your life. Is it relevant to something that you are going through? Does it bring to mind a struggle you have been dealing with? Journal some thoughts that followed your meditation time.
- **Prayer:** Our next step is to take all of the words, thoughts, feelings, actions, fears, and convictions that we've just experienced and offer them to the Lord in prayer. Ask him to illuminate what he would have you do with them. Simply talk to God and tell him how you are feeling. Confess any anxieties, praise him for who he is, ask him for what you need. Take time to record your prayers in a prayer journal.
- **Contemplation:** Be silent in the presence of the Lord. Relax, Embrace, and just Be with the Lord. Don't rush this. Quiet your mind and soul and sit patiently with Him. Take time after contemplation to write down your experience with God in silence.

Monday: Exodus 15:22-16:36

Tuesday: Psalm 63:1-11

Wednesday: Matthew 4:1-25

Thursday: Psalm 95:1-11

Friday: Psalm 33:1-22

Saturday: Exodus 15:22-16:36

The discipline of gratitude is the explicit effort to acknowledge that all I am and have is given to me as a gift of love, a gift to be celebrated with joy.

-Henri Nouwen