

EXODUS

PART 2: IDENTITY



FEBRUARY 3, 2018 | **COMMUNITY** GROWTH GUIDE

The Rock of Salvation

Exodus 17:1-7

Message Big Idea

The place of testing becomes a place of resting when we quench our thirsting on water from the rock.

Belong

1. The phrase, “between a rock and hard place,” typically means that someone is stuck in a tough situation with no real answers. Have you ever felt like you were in a situation where you didn’t have a solution to your problems? What did you do?
2. What is your natural reaction to adversity (grumbling, complaining, pulling yourself up by your bootstraps, determination, overthinking, trust, etc...)?

Grow

1. In Exodus 17:1-7, the Israelites have already seen God provide for them by giving them food, yet again they are discontent because of thirst. Rephidim meant the “place of rest” yet these people were so concerned about their issues that they intended to stone Moses to try to make their situation better. Do you ever strive to make your own situation better instead of trusting in God’s rest? When was the last time that you rested in Him rather than looking at the trial around you?
2. God shows amazing mercy to the people of Israel instead of giving them the punishment that they deserve. Grace is typically defined as receiving something you don’t deserve, while mercy is not receiving punishment that you do deserve. When is a time that you have received grace? When is a time that you have received mercy instead of punishment?

3. What does real rest look like for you? When was the last time you truly took a sabbath? What are some practices of rest that you have inserted into your life? Why is this difficult in our society?
4. Have someone from your group read 1 Corinthians 10:1-7. Paul equates the provision of God in the desert to the provision of Jesus Christ as the rock of salvation. What is the overall warning in this passage? How would do you keep from falling into idolatry (putting other attitudes, desires, or things in the place God deserves to be in)?
5. The true picture of rest as presented throughout scripture is equated with trust. We are able to fully rest when we trust that God is in control and that we are truly His. What does trust in God really look like for you today? Are there things that you have a difficult time laying down? Why? How can we practice trusting Him better?

Reach

- This week, practice resting. Ask someone in your group to hold you accountable. Rest isn't just doing nothing, but truly putting your trust in God so that He can provide everything you need. What is one way that you will commit to trusting in the Rock of Salvation this week in order to rest in Him?