

FLOURISHING IN GRAD SCHOOL
WEEK 5: TRUST AND OBEY (REST)

"I have discovered that all the unhappiness of men arises from one single fact, that they cannot stay quietly in their own chamber." - Blaise Pascal

EXODUS 16: 1 - 30

¹ The whole Israelite community set out from Elim and came to the Desert of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had come out of Egypt. ² In the desert the whole community grumbled against Moses and Aaron. ³ 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."

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. ⁵ On the sixth day they are to prepare what they bring in, and that is to be twice as much as they gather on the other days." ⁶ So Moses and Aaron said to all the Israelites, "In the evening you will know that it was the LORD who brought you out of Egypt, ⁷ and in the morning you will see the glory of the LORD, because he has heard your grumbling against him. Who are we, that you should grumble against us?" ⁸ Moses also said, "You will know that it was the LORD when he gives you meat to eat in the evening and all the bread you want in the morning, because he has heard your grumbling against him. Who are we? You are not grumbling against us, but against the LORD."

⁹ Then Moses told Aaron, "Say to the entire Israelite community, 'Come before the LORD, for he has heard your grumbling.'" ¹⁰ While Aaron was speaking to the whole Israelite community, they looked toward the desert, and there was the glory of the LORD appearing in the cloud. ¹¹ The LORD said to Moses, ¹² "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.'"

¹³ That evening quail came and covered the camp, and in the morning there was a layer of dew around the camp. ¹⁴ When the dew was gone, thin flakes like frost on the ground appeared on the desert floor. ¹⁵ When the Israelites saw it, they said to each other, "What is it?" For they did not know what it was. Moses said to them, "It is the bread the LORD has given you to eat. ¹⁶ This is what the LORD has commanded: 'Each one is to gather as much as he needs. Take an omer (about 2 quarts) for each person you have in your tent.'" ¹⁷ The Israelites did as they were told; some gathered much, some little. ¹⁸ And when they measured it by the omer, he who gathered much did not have too much, and he who gathered little did not have too little. Each

one gathered as much as he needed. ¹⁹ Then Moses said to them, "No one is to keep any of it until morning." ²⁰ However, some of them paid no attention to Moses; they kept part of it until morning, but it was full of maggots and began to smell. So Moses was angry with them.

²¹ Each morning everyone gathered as much as he needed, and when the sun grew hot, it melted away. ²² On the sixth day, they gathered twice as much — two omers for each person — and the leaders of the community came and reported this to Moses. ²³ He said to them, "This is what the LORD commanded: 'Tomorrow is to be a day of rest, a holy Sabbath to the LORD. So bake what you want to bake and boil what you want to boil. Save whatever is left and keep it until morning.'" ²⁴ So they saved it until morning, as Moses commanded, and it did not stink or get maggots in it. ²⁵ "Eat it today," Moses said, "because today is a Sabbath to the LORD. You will not find any of it on the ground today. ²⁶ Six days you are to gather it, but on the seventh day, the Sabbath, there will not be any." ²⁷ Nevertheless, some of the people went out on the seventh day to gather it, but they found none. ²⁸ Then the LORD said to Moses, "How long will you refuse to keep my commands and my instructions? ²⁹ Bear in mind that the LORD has given you the Sabbath; that is why on the sixth day he gives you bread for two days. Everyone is to stay where he is on the seventh day; no one is to go out." ³⁰ So the people rested on the seventh day.

Read the passage out loud together. Give everyone five or so minutes on their own to review it. Invite study members to note things that stand out and add a comment or question about it on their sheet.

Discussion Questions

The people of Israel have a clouded memory. Living as slaves in Egypt was certainly not as rosy as they remember (v. 3). How is such a distortion of memory possible, particularly after they had seen God's hand so clearly in the plagues and the crossing of the Red Sea? What tends to cloud your memory with regard to God's faithfulness?

How does God demonstrate his presence and provision?

How does God make provision for the Sabbath? What does this suggest about its importance in the life of his people?

What is your experience with Sabbath? How/when do you rest? What are your Sabbath practices? What Sabbath practices might you like to experiment with?

Are there other things from the passage you want to comment on or ask about?

There is a daily miracle of provision and a weekly double miracle on the Sabbath. Consider: Is it possible that God could do something miraculous with your productivity if you decided to rest on a weekly basis?

Rest is not only practical; it's a command from God. It serves as a reminder that God is the faithful provider who cares for us. What are some concrete ways that you can live into this truth? If you are new to "taking a Sabbath," start small. How might you begin to set aside your work for intentional rest and renewal? Are there ways your community experiment with some Sabbath practices together?

Spend a few minutes filling in the table below. When you are finished, discuss these final questions together and then pray for one another and for this group.

If you'd like to explore Sabbath/Sabbath-keeping, consider the following:

Articles:

["Dear Mentor: How does one live well as a graduate Student?"](#)

["Keeping the Sabbath: A Day of Worship, Celebration, and Rest"](#)

Books:

[*Keeping the Sabbath Wholly* by Marva Dawn](#)

[*Sabbath Keeping* by Lynne Baab](#)

<i>How would you like to rest more intentionally?</i>	<i>What impact might this have on your various relationships?</i>