



Pastor Kris Beckert  
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Rest Stops on the Road Trip  
Exodus 16:1-27

What's your favorite rest stop restaurant on a road trip?

Exodus 15 & 16: Three stories about \_\_\_\_\_ and \_\_\_\_\_

- Enter Wilderness of Northern Sinai
- "Marah" =
- Elim =
- Desert of Sin =

Rest Stops on Contentment Road:

**Rest Stop #1:** \_\_\_\_\_

Exodus 16:1-7 *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?"*

**Rest Stop #2:** \_\_\_\_\_

Exodus 16:11-18 *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: 'Everyone is to gather as much as they need. Take an omer 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, the one who gathered much did not have too much, and the one who gathered little did not have too little. Everyone had gathered just as much as they needed.*

**Rest Stop #3:** \_\_\_\_\_

Exodus 16:19-24, 27 *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 they 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 sabbath 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... 27 Nevertheless, some of the people went out on the seventh day to gather it, but they found none.*

**Point:**

**Doggy Bag: Something to take home and chew on!**



1. In what area of your life do you feel most content? Least content? What do you imagine Christ wants for you?
2. Which of the 3 "Rest Stops on Contentment Road" is the biggest struggle for you? Why?
3. How will you cultivate gratitude through Christ's strength this week?
4. What are sources of envy in your life? How can you eliminate envy?
5. What would it look like for you to surrender control to Christ in an area of your life that feels out of your control right now?

If you'd like to talk personally and confidentially about your relationship with Christ, please email Pastor Kris (krisbeckert@thevineva.org).