

Day One: Exodus 16

- Set the scene of this story (1). Describe the people's complaint (2-3). Instead of thankfulness and dependence, what characterized the Israelites' relationship with God during this time? Summarize God's plan to provide for his people (4-8). Describe what happened next, when God's glory appeared (9-12).
- How did all of these promises come to pass (13-19, 21-26). What happened when people tried to keep the food (20)? God doesn't want us to anxiously hoard; day by day, he wants us to trust he will provide. Is it hard to do this? Speak to the Lord about it. May he remind you of all the ways he's been faithful to you.
- How did this chapter in the Israelite's story reinforce God's command to observe the Sabbath (27-30)? Describe what this bread – that the people called "manna" – came to mean to them (31-36). In Matthew 6, when he teaches the disciples to pray, why do you think Jesus alludes to this story?

Day Two: Deuteronomy 8

- What should God's people be careful to do (1)? Why (1)? In the past, how did the Lord humble and test his people (2-5). Re-read verse 3. Consider the prayer life of someone who "lives on every word that comes from God." What does it look like?
- What sort of land are the people entering (7-9)? Describe the spiritual risk of such abundance (10-14, 17). What memories of their past ought to help the Israelites resist pride (14-16, 18)? In times of plenty, why do you think people tend to forget to revere God? When has this happened to you? How did you move past it? Today, where is God calling you away from pride and self-reliance and into thankfulness and dependence on him?
- If the Israelites drastically and lengthily forgot the Lord, what consequences would they face (19-20)? Picture the sort of life that is spared from these consequences. Are you a practitioner of it?

Day Three: Psalm 103

- What is David telling to praise the Lord (1-2)? What do you think about speaking to one's own soul? Take a moment and give it a try. Why is God worthy of praise (3-7, 19)? Echo these praises in prayer now; tell the Lord what his mighty deeds mean to you.
- What happens when, in our sin, we encounter the Lord's compassion and grace (8-12)? Tell Jesus what it feels like to be forgiven and cleansed by him. Praise him for fulfilling this promise.
- Describe the God-fearer's experience of the Lord's compassion (13-18). Meditate on verse 17. From "everlasting to everlasting," the Lord's love abounds! Tell him how this impacts you.
- Besides his soul, what else does David tell to praise the Lord (20-22)? Join "the great company" – add your own voice. Give glory to Jesus for all the ways he daily meets your needs. Be specific.

Day Four: Matthew 6:25-34

- When Jesus says not to worry about "your life," what does he mean (25)? To prove his point, what rhetorical questions does he then ask (25-27)? Which of Jesus' words in these three verses feel most directed at you? Why? Take a moment to respond to the

Lord. Consider Jesus' prayer in verse 11. How is it like an antidote to both the fear and the selfishness Jesus discusses here?

- How does Jesus continue to discourage the particular worry over clothing (28-30)? What is the one particular thing that's especially worrying you these days? Like in verse 30, imagine Jesus asking you, "will he not much more..."? How do you feel?
- Jesus then returns to the general topic of worry; how (31)? What do the pagans do (32)? What should we seek first, and why (33)? How does Jesus conclude this teaching (34)? Revisit Jesus' prayer in verse 11. How does it relate to verse 34? May God give us what we need in order to overcome *today's* worries.

Day Five: John 6:25-59

- Set the scenes of this text (25, 59). Trace Jesus' transition from statements about physical life to spiritual life (26-27). What role does he play regarding life (27)? What is "the work of God" (29)? What is "the bread of God" (33)? What does it mean that Jesus is "the bread of life" (35)? How has Jesus satisfied *your* hunger and thirst? What spiritual practices help you maintain this satisfaction?
- What's the story arc of those given to Jesus (37-40)? Pursuit of him culminates in life eternal. What impact does this make on your here and now – your prayers, your interactions, etc.?
- What objection did some have to Jesus' teaching (41-42)? Summarize his response (43-51). What do you make of his comparison to the events of Exodus 16? What was the next point of contention (52)? And Jesus' reply (53-58)? Jesus is life! Why do you think he used such graphic and visceral imagery to convey this truth? What inspiration does it offer for your prayer life?