



July 21, 2024

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Exodus 16

1. How do you relate to the concept of Stockholm Syndrome in your own spiritual journey?
2. Why do you think the Israelites longed for their life in Egypt despite their suffering?
3. What does the idea of a 'second liberation' mean to you personally?
4. How do you see God's provision in your daily life?
5. Why is the concept of Sabbath important in our spiritual formation?
6. Have you ever experienced a 'wilderness' season in your life? How did it shape you?
7. What are some 'false patterns of thinking and being' that you need to let go of?
8. How can we trust in the slow work of God in our lives?

### **Take Home Challenge**

This week, take time each day to reflect on God's daily provision in your life. Practice gratitude for the small, everyday blessings, and consider how you can incorporate a Sabbath rest into your weekly routine to remind yourself of your identity in Christ.