



Gospel Community Notes & Questions

Title: The Wilderness School of Trust

Text: Exodus 15:22-17:7

Theme: Trusting God in the Wilderness

Teaching Notes: In Exodus 15–17, Israel repeatedly moves from God’s deliverance to grumbling in the wilderness, revealing how quickly the human heart forgets God’s faithfulness and struggles to trust Him. The wilderness is not wasted but serves as God’s training ground, exposing hearts and forming His people to depend on Him daily.

Ultimately, Jesus enters the wilderness and passes every test where Israel failed, trusting God perfectly, becoming the true Bread and Living Water, and being struck so that life and provision flow to us. In Him, God proves His trustworthiness once and for all, calling His people to remember and rehearse the true gospel story, reject grumbling, and live in grateful, restful trust as He continues to shape them into His image.

Outline:

I. Israel Tested in the Wilderness

- A. Test 1: No Water (Exod. 15:22–27)
- B. Test 2: Hunger (Exod. 16:1–36)
 - The Sabbath: Rest
- C. Test 3: Thirst (Exod. 17:1–7)

II. Jesus Passed Every Test on Our Behalf

- A. Jesus Passed the Test that Israel Failed (Matt. 4:2–4, 7)
- B. Jesus is the Bread We Need for Eternal Life (John 6:25–59; 7:37–38; 19:28, 34)
- C. Jesus is the Rock that Was Struck for Our Salvation (1 Cor. 10:1–5)

III. Gospel Applications

- A. Remember and rehearse the story of the gospel
- B. Enter Jesus’ Rest



Questions to Explore Individually and With Your Group

1. What is one thing you learned or observed from Exodus 15:22–17:7?
2. Israel went from singing to grumbling in just three days. What does that reveal about the human heart, and where do you see that in your own life?
3. Why is it easier to grumble than to pray when facing real needs or pressure? What is the difference between bringing your struggles to God in faith and responding with a grumbling heart?
4. How does forgetting God's past faithfulness contribute to present unbelief?
5. Why is grumbling ultimately not just about circumstances, but about what we believe about God?
6. In what ways are you tempted to rewrite the past or exaggerate the present when life is hard?
7. What is a bitter circumstance in your life that you have seen God use for good?
8. What does the daily provision of manna teach us about dependence on God? Where do you struggle with that?
9. What are your weekly rhythms for work and rest? How does your approach to work and rest reveal whether you truly trust God to provide?
10. How does knowing that Jesus passed every test on your behalf change how you view your own present struggles? Which aspect of how Jesus is pointed to in this passage stands out to you most, the bread, the living water, the bitter cross, or the rock struck?

This Week

1. What are some practical ways this week you can regularly remember and rehearse the true story of the gospel?
2. What is one practical step you can take this week to cultivate a heart of gratitude in your life?

Prayer:

Father, we confess that like Israel, we are quick to forget Your faithfulness and slow to trust You in our need. We grumble about our circumstances and question Your care in the wilderness. Forgive us, and form in us hearts that trust Your daily provision and rest in You. Thank You for sending Jesus, the true Bread and Living Water, who trusted You perfectly and was struck so that we might have life. Teach us to remember and rehearse the true gospel story, to reject grumbling, and to walk in grateful, restful trust as You shape us into the image of Christ, in Jesus' name, Amen.