

WARM-UP

- Who is the most forgetful person you know? What does he or she usually forget or misplace?
- What do you do to remind yourself of the important tasks in your day? Share a life hack.
- Tell us about the oddest thing you've ever eaten.

WORD *²“And you shall remember the whole way that the LORD your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not. ³And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD. ⁴Your clothing did not wear out on you and your foot did not swell these forty years.”*

DEUTERONOMY 8:2-4

God knew His people. Time and again, they had been unfaithful and tended to trust idols. Before they entered the land God had promised to give them, He charged them through Moses to remember Him and all He had done for them. God humbled them so they would understand that man does not live on bread alone. He provided food that no one had seen before and could not store for the next day, so that they would depend on Him totally for daily nourishment. He disciplined them as a father to his son because He wanted them to walk in His ways and receive His blessings. Today, we will look at three things God admonished His people to remember about their time in the wilderness.

1 | Remember God's guidance.

"And you shall remember the whole way that the LORD your God has led you these forty years in the wilderness, that he might humble you, testing you to know what was in your heart, whether you would keep his commandments or not." **DEUTERONOMY 8:2**

For forty years, God guided and sustained His people in the wilderness. God used their journey to humble and test them, to expose to them what He already knew was in their hearts. Moses charged the Israelites to remember how God had been faithful to them. Today, God guides us, humbles us, and allows our hearts to be tested, even as we wait for His promises to be fulfilled. How can we recognize and remember God's guidance in our daily lives?

2 | Remember God's provision.

"And he humbled you and let you hunger and fed you with manna, which you did not know, nor did your fathers know, that he might make you know that man does not live by bread alone, but man lives by every word that comes from the mouth of the LORD."

DEUTERONOMY 8:3

The Israelites were taught that God was their source. When they were hungry, God fed them by sending manna and quail (Exodus 16). They did not know what manna was, only that God was giving it to them to keep them from starving. All that time in the wilderness, God was faithful to provide for them. God provides for us today as He did for the Israelites. His blessings are not limited to material things. He wants us to *live by every word that comes from the mouth of the LORD*. He wants us to have a meaningful and abundant life. How have you seen God provide for you and your family?

3 | Remember God's preservation.

"Your clothing did not wear out on you and your foot did not swell these forty years." **DEUTERONOMY 8:4**

God was faithful to His covenant with the Israelites. He was mindful not only of their greatest needs, but also of the small things that brought them comfort. It was a miracle in itself that forty years of wandering in the wilderness did not cause their clothing to be damaged. Aside from that, their feet did not swell during the journey. God may not have given the Israelites new clothes, but He preserved what they had for four decades. In the same way, God not only provides for our needs; He also preserves us and what He has already provided us with. He doesn't leave us on our own—He sustains us. According to Proverbs 10:22, what does God do when He provides? How have you seen this to be true in your life?

APPLICATION

- If God were to test what is in your heart, what do you think the test would reveal? How do you think this needs to change?
- How has God guided and provided for you and your family? Share three things He has done for you in the past year.
- How has God provided for you by preserving you and His provision for you?

PRAYER

- Thank God for His provision and grace. Declare your dependence on His word, not on your daily bread.
- Recall how God has both provided for and preserved you and your family. Commit to trust Him always.
- Ask God for opportunities and the courage to tell others about His faithfulness and provision for you and your family.

NOTES
