



October 16, 2022 | Bomi Roberson

**WARM UP QUESTIONS:** How does your attitude about a long journey differ at the beginning verses when you are in the middle of the journey, and you still have a way to go?

**READ:** Exodus 17:1-7

**FOCUS:** In Christ, there is always refreshing when we go through seasons of testing.

**OBSERVE:**

- We will all travel through dry seasons as we walk with God.
- There are three (3) things to note when it comes to navigating dry seasons:
  - Satisfying refreshment only comes from the Rock, Jesus.
  - Perception plays a crucial role in seeing the refreshing.
  - Embrace the gift of gratitude and reject the presence of grouchitude.
- Jesus is the Rock. He is the only one who can truly refresh a thirsty soul. When we hunger and thirst for Jesus, we shall be filled. Everything else is a temporary fix. The Rock knows what we need and how and when to lead us to it.
- Christians must have the proper perspective or perception as we journey through life - especially when seeking to advance spiritually.
- Gratitude lights the pathway to refreshing in dry seasons; grouchitude very quickly blocks it.
- Psalm 103 has a list of benefits we have received from God. The Lord knows how and when to provide our basic needs. The Lord is our Provider.
- Our God is always faithful and working things out for our good even when it seems difficult to believe. We should always embrace His leading and look to receive water from the Rock. He knows how to carry us to His expected end - victory. He knows how to deliver us from bondage and how to quench our thirst.
- Being a leader is not always easy. Leaders must always be dependent on God while working with others. God hears us when we cry out to Him with humble and sincere hearts. Leaders must rely on the gifts of the Holy Spirit.
- A strong united congregation is always more profitable than one lone individual. We should walk with humility and meekness while also encouraging and supporting one another.

**TAKING ACTION:**

- This week how will you choose to #1 receive the Bread from Heaven, trusting in Christ and making Him the King of your life, #2 feed on the Bread from Heaven and rely on God's daily provision, and #3 distribute the Bread from Heaven, sharing the blessings and truths you have from God.

**REFLECT:**

- Is it hard for you to remember what God has done in your life previously when you are in seasons of testing? How can you better remember God's faithfulness?
- Within the church, how do you respond to the need to participate/serve? Do you participate with joy or grumbling?

**PRAY:** *Jesus, You are the Rock of our salvation. We can always depend on You. Help us to always remember that You are faithful. You know the outcome of every situation we face. Help us to walk by faith and not by sight when You are leading us. Help us to face the trials of life with the confidence to trust You to lead us.*

