

Growing Deeper
My Reemergence

Week Two: Reshape Your Mindset
Exodus 17:1-7

Spend FIFTEEN – Day One

1. What memories do you have of the game Follow the Leader?
2. Read Exodus 17:1-7. Who is leading the Israelites from place to place? (See verse 1.)
3. What would the Israelites be learning about walking with God?
4. Why would God take the Israelites to a place without water?
5. What has loss taught you about walking with God?
6. How do situations outside our control transform our thinking?
7. End your FIFTEEN by reading Romans 12:2. Think about your current circumstances. How could it help you if you gave up the desire to control everything and surrendered to God's leading? Ask God to transform your thinking and help you follow him.

Spend FIFTEEN – Day Two

8. On a scale of 1-10 (1 low, 10 high), how often do you complain or grumble?
9. Read Exodus 17:1-2. What was the problem?
10. What did Israel demand?
11. Read Exodus 15:22-27 and Exodus 16:1-15. What had God already done for Israel?
12. A sense of lack or loss can cause us to complain and make demands, especially of God. Why do you think this is?

13. How have grief and loss caused you to forget God's past provision?

14. Gratitude seems to come up often in our Growing Deeper studies. It is a powerful practice that can ground us in times of loss. End your FIFTEEN practicing gratitude. Focus your prayer time on thanking God. If you do not already keep a gratitude journal, consider keeping one this week. Every day list at least three things for which you are grateful to God.

Spend FIFTEEN – Day Three

15. Do you believe God cares if you are hurting? On what do you base your answer?

16. Read Exodus 17:2, 7. How did the Israelites put God to the test?

17. When have you been tempted to doubt God's presence and provision?

18. What positive potential could Israel have seen in the situation?

19. What positive potential do you see in your current life circumstances?

20. End your FIFTEEN asking God to give you his perspective on your challenges and losses. Consider making a note of the potential he reveals.

Spend FIFTEEN – Day Four

21. What would make you go back to a bad situation?

22. Read Exodus 17:3. Why did God bring the Israelites out of Egypt in the first place? (See Exodus 3:7-10.)

23. How is the Israelite complaint erroneous?

24. How do fear and loss cause people to doubt God's purposes and care? Has this ever happened to you?

25. What impact does this have on people's ability to emerge from suffering?

26. How could focusing on God's purposes and care for you move you to new competencies?

27. End your FIFTEEN asking God for the courage to embrace his purposes and the strength to adapt and grow.

Spend FIFTEEN – Day Five

28. How do you respond when people you've cared for (family, friends, employees, coworkers, neighbors) turn on you?

29. Read Exodus 17:4-7. What did Moses do when the Israelites turned on him?

30. How does Moses' prayer show honesty and expectancy?

31. From his plea, what do you think Moses believed about God?

32. What did God do for Moses and the Israelites?

33. What characteristics of God do you see displayed in this story?

34. Look at your list of God's characteristics from the previous question. Meditate on them. Savor them. Allow them to reshape your mindset on hardship and loss. End your FIFTEEN praising God for who he is.