



“JUST ENOUGH”

Exodus 16:1-7 (NRSV)

***A Sermon BY
Min. Deja Wilson***

**NOVEMBER
17TH**

8 AM



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Preacher: Min. Deja Wilson
Sermon Title: *Just Enough*
Scripture: Exodus 16:1-7 (NRSV)

1 The whole congregation of the Israelites set out from Elim; and Israel came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had departed from the land of Egypt. **2**The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. **3**The Israelites said to them, “If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.”

4Then the LORD said to Moses, “I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not. **5** On the sixth day, when they prepare what they bring in, it will be twice as much as they gather on other days.” **6** So Moses and Aaron said to all the Israelites, “In the evening you shall know that it was the LORD who brought you out of the land of Egypt, **7** and in the morning you shall see the glory of the LORD, because he has heard your complaining against the LORD. For what are we, that you complain against us?”

SERMON SUMMARY

During the Sunday morning sermon, Min. Deja reflects on a season she describes as "***just enough***." This is a time when, instead of granting abundance or overflow, God provides precisely what is needed to sustain each day.

Using Exodus 16:1-7 as her foundation, Min. Deja recounts how the Israelites, just two months after being delivered from Egypt, found themselves in the wilderness.

Hungry and dissatisfied, they complained to Moses and Aaron, lamenting that they would have preferred to die in Egypt, where they had an abundance of food, rather than suffer hunger in the wilderness. Egypt, despite being a place of oppression, represented perceived provisions and plenty to them, while the wilderness symbolized lack, scarcity, and unfamiliarity.

In response to their complaints, God didn't offer a plentiful solution like a garden of food or quick passage to the Promised Land. Instead, God provided a daily supply of manna for 40 years, which was **just enough** food to meet their daily needs.

Min. Deja likens the Israelites' experience to our own "**just enough**" seasons, where we long for God to change our circumstances or usher us into abundance, but instead, God sustains us day by day. She emphasizes that "**just enough**" seasons often leave us questioning how to navigate such seasons, and offers three key insights:

1. Remember God's Past Faithfulness

- In verse 10, the Israelites saw the "glory of the Lord" appear in a cloud, reminding them of how God had previously led them to safety from Pharaoh's army using a pillar of cloud, as described in Exodus 13:21.
- Reflecting on moments where God has shown up in our own lives reminds us that if God provided then, God will do so again.

2. Realize That Seasons of "Just Enough" Reveal the Glory of God

- For 40 years, God's provision of manna each morning served as a daily reminder of God's "**kābôd**" (pronounced kuh-vode), or glory—a Hebrew term that translates to the "splendor, honor, and riches" of God's nature.
- In "**just enough**" seasons, it can feel like God has abandoned or forgotten us, making it easy to lose sight of God's true nature. That's why, like the Israelites, we must remember the daily bread God provides. This daily provision serves as a constant reminder of the riches, splendor, and faithfulness of God's character.

3. Observe the Invitation to Redefine "Abundance"

- The term "**kābôd**," or "glory of the Lord" in verse 7, not only translates to "honor, riches, and splendor," but also to "abundance." Each morning, when the Israelites saw manna descend from heaven, they were reminded to continually redefine what "abundance" truly means.
- Even in seasons of lack and scarcity, God challenges us to redefine what the season truly means. With God, we already have an abundant life because God's ability to supply our every need is the true definition of abundance.

Min. DeJa concludes the sermon with a personal story from her childhood, when financial constraints meant she could only choose one sport to play instead of several. Initially upset, she later found joy during a meal with her cousins, surrounded by love and laughter. In that moment, she realized she already had everything she needed. This illustration serves to remind us that even in seasons that feel scarce, if we have God, we have all we need—and that is truly enough.

KEY POINTS

1. God responds to the Israelites' complaint of hunger by providing manna – a daily supply of food that was “just enough” to sustain them each day for 40 years.
2. Many of us pray for God to provide abundance, change our circumstances, or overflow our cups, yet God's response is often to give us “just enough” to sustain us each day.
3. When the Israelites saw the “glory of the Lord” in the cloud in verse 10, they were reminded of how God had led them to safety from Pharaoh and the Egyptians with a “pillar of cloud by day” in Exodus 13:21.
4. In verse 7, the word “glory” in Hebrew is “*kābôd*” (pronounced kuh-vode), which translates to “honor, riches, splendor, and abundance.”
5. The phrase “glory of the Lord,” or “*kābôd YHWH*,” refers to either the physical manifestation of God or the revelation of God's nature.
6. In verse 10, the physical manifestation of God is represented by the appearance of the cloud.
7. The cloud and quail, appearing in the evening (verses 10 and 13), reminded the Israelites of what God had done, while the manna in the morning reminded them of who God was (God's unchanging nature).
8. For 40 years, the Israelites received manna daily as a reminder of the riches and splendor of God's constant and faithful nature.
9. The term “*kābôd*” challenges the Israelites to redefine what abundant life means.

10. When we have God in our lives, we have everything we need, and that truly is enough.

GETTING TO KNOW YOU QUESTIONS

1. What experiences most often and most vividly remind you of the glory of God?
2. Min. Deja said she did not want to “hold us long, but hold us good.” How did her message hold you during the sermon?

INTO THE BIBLE QUESTIONS

1. In Exodus 16:4, God says He will put the Israelites to the test by instructing them to only gather enough manna for each day. What other scriptures demonstrate the Israelites struggle with obedience to God?
2. In Exodus 13:21, God led the Israelites with a pillar of cloud by day and fire by night as a visible sign of God’s presence and guidance. Can we find other examples in scripture where we see God demonstrating His faithfulness to His people or a specific individual?

LIFE APPLICATION QUESTIONS

1. We learned during the sermon that the Israelites were delivered out of Egypt, escaped the hands of Pharaoh, and crossed over the Red Sea on dry land just to find themselves six weeks later wandering in the wilderness with scarce resources. Have you encountered a similar situation in which God answered your prayers for deliverance and you then found yourself in an unfamiliar and difficult

place? If so, how did you handle the new season? What impact, if any, did that season have on your relationship with God?

2. Min. Deja posits that we must remember God's past faithfulness, reminding ourselves that God has shown up before and can show up again. What comfort does this bring you during a season of "just enough?" What can you do to actively remember who God is and that His nature never changes?

3. While in the wilderness, God provided the Israelites with manna every day for 40 years and with quail on one occasion as a one-time gift offering. Can you identify specific instances where God sustained you with exactly what you needed, but you were too focused on your specific request to God to notice the sustenance? If you could go back in time and speak to yourself, what would you tell yourself in those moments?

4. The sermon provides a powerful reminder that with God, we have everything we need. Abundance is with God, splendor is with God, and riches and wealth are with God. How does that reminder encourage you? What impact does that reminder have on your walk with God during seasons of "just enough?"

5. In Min. Deja's illustration of a "just enough" season, she spoke about being upset that her family's financial situation prevented her from playing multiple sports. However, after a meal with her family, she realized that, despite her wants, she had everything she needed. What was the biggest lesson you learned during your "just enough" season? What changes, if any, did you make in your life as a result?

6. The Lord provided manna for the Israelites daily in the wilderness. What does God do for you daily to remind you of the consistent nature of His provision? What can you do for others to remind them daily about God?

“CAN I PUSH IT?” QUESTIONS

1. In a world driven by consumerism and the constant pursuit of more, how do we reconcile the notion of "just enough" with the pressure to hustle, accumulate wealth, and chase success? Can God's model of daily provision stand against a culture that glorifies excess, or is our obsession with abundance a modern-day version of longing for Egypt's "comforts," even if it means returning to systems that oppress us?
2. How do we understand the tension between "just enough" (as seen in God's provision to the Israelites in the wilderness) and the desire for more justice, equality, and dignity, when "just enough" may feel like a perpetuation of suffering rather than liberation?

ADDITIONAL QUESTIONS

1. The Israelites viewed Egypt as a place of provision despite it being a place of oppression. Are there situations in your life where you've clung to something harmful or limiting because it felt secure? How can you trust God to provide in the uncertainty of your "wilderness" situation?
2. In the sermon, Min. Deja pointed out how the Israelites longed for the perceived abundance of Egypt, even though it was a place of oppression. How can this tendency to romanticize oppressive systems or circumstances inform the way we critically evaluate and respond to systemic injustices (e.g. homophobia, racial inequality, healthcare disparities, educational inequality, etc.) in our own lives and society?
3. The Israelites complained to Moses and Aaron out of frustration and fear. How can we honestly express our struggles to God without losing faith in God's plan and provision?
4. Min. Deja spoke about "*kābôd YHWH*"--the glory of God. How did your understanding of the Glory of God expand because of the definition she gave?

5. The Israelites saw God's glory in the provision of manna each day. How can you train yourself to notice God's presence and provision in the ordinary, daily moments of your life?

6. The Israelites experienced God's provision differently in the evening (quail) and the morning (manna). How does this differentiation between "what God did" and "who God is" challenge us to balance gratitude for past actions with faith in God's ongoing presence and character?

7. Min. DeJa ascribed aspects of God's nature, such as being loving, merciful, just, compassionate, faithful, holy, etc. What other scriptures highlight these characteristics or others that speak to who God is and God's nature?

INDIVIDUAL OR VILLAGE STUDY

SPIRIT WORK/ACTIVITY:

Option One:

Create an Abundance Journal

- Take this week to create your own abundance journal. Use these guidelines or topics to provoke your thoughts:
 - **"Spiritual Abundance"**: Write about how your life is filled with spiritual abundance. What does the Lord do in your life to cause you to not to give up? What do you do to feel connected to the Holy Spirit?
 - **"Community Abundance"**: Write about how your life is surrounded by family, friends, neighbors and other loved ones? How do they fill your life? How do they give your life meaning?
 - **"Emotional Abundance"**: Write about how the word of God helps you to feel emotionally abundant. What verse most encourages you when you feel down?

- **“Physical Abundance”**: What are you thanking God for in the physical part of your life? What things do you have around your home, work or in your body that makes you Praise the Lord? What are the simple things of life you can be grateful for?
- **“Skills Abundance”**: What are the gifts and talents that the Lord has given you that you do well? What are the activities that you enjoy doing?

Option Two:

Think about your “Just Enough” Season and be encouraged by, meditate upon and reflect on these scriptures this week.

Monday–Philippians 4:19 (AMPC)

“And my God will supply (fill to the full) your every need according to His riches in glory in Christ Jesus. “

Reflect: Pray to the Lord declaring him as “Jehovah Jireh” in your life. Let God know you depend on God alone to supply your needs.

Tuesday - John 6:35 (AMPC)

“Jesus replied, I am the Bread of Life. He who comes to Me will never be hungry, and he who believes in and cleaves to and trusts in and relies on Me will never thirst any more (at any time).”

Reflect: What type of bread does the Lord give you in moments of struggle?

Wednesday - Luke 18:1 (AMPC)

“ALSO (Jesus) told them in a parable to effect that they ought always to pray and not to turn coward (faint, lose heart, and give up).”

Reflect: Jesus encourages us to never give up. How do you encourage yourself to never give up in the “Just Enough” season?

Thursday - Romans 8:28 (AMPC)

“We are assured and know that [God being a partner in their labor] all things work together and are [fitting into a plan] for good to and for those who love God and are called according to [His] design and purpose.”

Reflect: How do you show your love for God? How do you live out your purpose for God?

Friday - 1 Corinthians 1:9 (AMPC)

“God is faithful (reliable, trustworthy, and therefore ever true to His promise, and He can be depended on); by Him you were called into companionship and participation with His Son, Jesus Christ our Lord.”

Reflect: How would you describe God’s faithfulness to you? Give 3 examples.

Option 3

Three-Day Devotional on the Lord's Prayer: Relying on the Daily Bread (Jesus)

Day 1: Our Father in Heaven

Scripture: Matthew 6:9-10

"Our Father in heaven, hallowed be Your name. Your kingdom come, Your will be done, on earth as it is in heaven."

Reflection:

The Lord’s Prayer begins with an acknowledgment of God’s holiness and our relationship with God. Before we ask for anything, we should recognize that God’s kingdom of love, justice, and peace is our ultimate priority. As children of God, we’re invited to trust in God’s will for our lives, knowing that what God provides will sustain us. God desires to give us not just provisions, but belief and relationship with God.

Application:

Today, take a moment to reflect on God’s goodness and sovereignty. What areas of your life are you struggling to surrender to God’s will?

Day 2: Give Us This Day Our Daily Bread

Scripture: Matthew 6:11

"Give us this day our daily bread."

Reflection:

In this petition, we ask God for the daily provision we need not just for food, but for spiritual nourishment. Jesus, the true "Bread of Life" (John 6:35), is the sustenance we truly need each day. Just as God provided manna for the Israelites in the wilderness,

God provides Jesus as our daily bread, nourishing our souls and strengthening us for each day's challenges.

Application:

Today, reflect on your need for Jesus as your daily bread. How are you relying on God for spiritual nourishment? Take time to read the Word, pray, and let Jesus feed your soul. When you feel weak or weary, remember that God is the provision that sustains you, not just for today but for every day.

Day 3: Trusting in God's Provision

Scripture: Matthew 6:12-13

"And forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from evil."

Reflection:

As we ask for daily bread, we also acknowledge our dependence on God for forgiveness, protection, and guidance. Jesus not only meets our physical needs but offers us the grace and strength to live faithfully. God's provision extends beyond the material; He delivers us from temptation, protects us from evil, and helps us walk in the freedom of God forgiveness.

Application:

Today, take a moment to thank God for God's provision in every area of your life, physical, spiritual, and emotional. Trust that, as you rely on God each day, God will give you the strength to forgive, resist temptation, and live in God's peace. As you pray for your daily bread, remember that Jesus is the Bread of Life who satisfies every need.

ADDITIONAL RESOURCES

Video. The Bible Project: [▶ The Book of Exodus - Part 1](#)