

OUTLINE & DISCUSSION QUESTIONS

YOUR SCHEDULE

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EXODUS 16

Enough for _____

Enough for _____

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DISCUSSION QUESTIONS FOR FAMILY, FRIENDS & GROUPS

ICEBREAKER: If you had a completely free Saturday with zero obligations, what would your ideal day look like?

1. Read Exodus 16 out loud. Give everyone in the group 3-4 minutes in silence to jot down observations and questions about the passage. Go around the group and share your observations and discuss them.

2. God says in verse 4 that giving daily bread is a test. What exactly is being tested? Why did God use this as a test of the people?

3. The manna is described as appearing each morning, and the people are told to only take enough for the day. Why do you think God designed provision to be daily and perishable rather than giving a large supply all at once?

4. Verses 28-29 describe the Sabbath as both a command and a gift. Why is it both?

In verse 32-34, God commands that a jar of manna be placed next to the covenant tablets inside the Ark. Why would God want those two objects kept together? Why is the manna in such a central and sacred place?

5. The sermon says, "Your calendar is a test. It reveals what you really love, what you really trust, and what really calls the shots in your life." If someone examined your last 90 days, what would your schedule actually say your priorities are? And how close would that be to what you'd want them to say?

6. The sermon describes how work past a certain limit tends to "go rotten" — like hoarded manna. Have you experienced a season when extra hours or hustle produced worse results, not better? What happened?

7. Of the four daily rhythms the sermon offers (work when you work, rest when you rest, pray when you pray, be present when you're with people), which one is hardest for you personally? Why?

The sermon argues that what's at the center of your life is what shapes your schedule. What do you think is genuinely at the center of yours right now?

8. If you've tried Sabbath before and it didn't work, what got in the way? Looking back, do you think it was a logistics problem or a heart problem?

9. Practically, what needs to change in your schedule in light of this sermon? How are you going to take a step towards that?

PRAYER PROMPT: Pair up and share one place in your life where you are busy, tired, or overworked. Pray for each other to find rest in that area.