

WILDERNESS WISDOM STUDY GUIDE

SESSION ONE, THE EXODUS

The Israelites might have understood their journey through the wilderness as moving to the Promised Land, but really they were moving toward _____.

As we look at the Exodus story, what did the Israelites learn or receive from God?

- M _____ p _____, some examples are
 - M _____
 - W _____
 - M _____
 - C _____
 - P _____
- The C _____ and the L _____.
Four main things that God did at Sinai that shaped the community were:
 - L _____ is given
 - P _____ is established
 - T _____ is built
 - C _____ is enacted
- Facing Hostile Groups taught them
 - M _____ strategy and gave them e _____
 - How to f _____ for one another
 - How to f _____ leaders in battle.
 - D _____: looking to God before entering war or greeting other peoples.
- Understanding L _____ and F _____.
- Following G _____'s way and no others'.

SMALL GROUP QUESTIONS

We recognize how purposeful our wilderness experiences are. They provide insight, direction, important skills, and reassurance. What wilderness lessons have you learned over the years?

The things the Israelites learned while wandering in the wilderness are not just Israelite issues. What issues are there for you to learn as well?

Reflect on Exodus 13:21, which says, "The LORD went before them by day in a pillar of cloud to lead them along the way, and by night in a pillar of fire to give them light, that they might travel by day and by night."

- What provisions from God do we see in this verse?
- What visible, divine provisions has God provided at times in your life?

Have you practiced Examen before? What experiences can you share?

The Practice of Examen

The Examen is a chance to watch for God's movement and invitations in our lives on a daily basis.

- (1) Start by praying for the light to see and wisdom to understand the past day.
- (2) Review what happened in the day starting in the morning and moving through the hours. Notice what you are grateful for. Take note of the things that made you feel joy, peace, and love or any of the other fruits of the Spirit. Lift these positive things up to God and thank him for these places of connection to him.
- (3) Review what happened in the day again, but this time notice any things that were negative, stressful, anxious, sinful, and left you with negative feelings or feeling disconnected from God. Lift these negative experiences to God asking him to reveal what moved you away from his peace and presence.
- (4) Take time to notice any patterns that might be revealed. Do you notice certain people or places that are positive or negative? Are there actions that you are doing or mindsets or heart sets that you have that lead toward connection or disconnection? Pray about those patterns asking God for his wisdom. Be ready to be thankful or to repent.
- (5) Give the day fully to God and lay it aside. No need to keep thinking over and over about mistakes or triumphs. You have done some good work with the day, and you will trust God that he will help you tomorrow with fresh grace and wisdom. Commit day into Jesus' care trusting that he will continue to show you what you need to know day by day.