



ENOUGH

ENOUGH

Many of us live like there isn't enough time, love, or stuff to go around. When our lives are defined by "not enough," we become regretful of the past, discontented in the present, and anxious about our future.

But what if what feels like scarcity is really a crisis of faith in God's ability to provide, and by trusting HIM we step into the transformational pathway from anxiety and fear into a life of freedom and abundance?

We are in a seven week series that follows the narrative of the newly freed Israelites as God confronts the poverty mindset that defined their slavery.

Will they live lives reflecting the poverty of their desert journey, or will they embrace a life where God is the source of everything they need on the way to a land overflowing with milk and honey?

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How to Use This Book

This book was created as a companion guide to the Sunday teaching series, *Enough*. In it, you will find passages of scripture that pertain to the week's Sunday message, as well as spiritual practices that promote relationship building between you and God, and between you and your community circle.

If you miss a Sunday gathering, you can listen to the message on your favorite podcast platform, via YouTube, or directly from our website.

The content in this book is designed as a tool to aid you in the process of reflecting on the weekly Sunday message and giving it time to settle deeper. We do this by slowing down to study scripture, and stepping into practices of spiritual formation that lead to outward action.

All passages of scripture found in this book are in the New Living Translation (NLT), unless noted.

What to Expect

Weekly Rhythm

Each week of this series follows a simple four-day rhythm designed to help you move from hearing God's Word to integrating it into your life.

Rather than adding more information, this guide invites you to slow down and notice how God meets us in the places where we feel scarcity, whether it's love, hope, comfort, provision, strength, humility, or grace that seems in short supply.

DAY 1 | OVERVIEW

IDENTIFY THE SCARCITY

Begin with a short reflection that introduces the theme for the week and the Scripture we'll be exploring together.

You'll be invited to sit with one simple question, either as someone who follows Jesus or someone who is still exploring faith.

The goal is not to find the "right" answer, but to begin noticing how this theme connects to your own life.

DAY 2 | SEEING OURSELVES IN THE STORY

RECOGNIZING THE SCARCITY IN US

Read a passage from the story of Israel in the wilderness. As you read, notice the very human responses that surface in the story, such as fear, scarcity, doubt, or self-protection.

These reactions often mirror our own.

You'll be invited to bring an honest prayer to God about where you see a similar struggle in your life.

DAY 3 | GOD IS THE SOURCE

SEEING GOD AS THE SOURCE & HOW HE MEETS US IN THAT SCARCITY

Next, we turn to a New Testament passage that reveals how Jesus meets us in these places of scarcity.

As you read, notice what the passage reveals about God's heart.

You'll be invited to pray again, allowing the truth of Scripture to reshape the fear or struggle you noticed the day before.

DAY 4 | LISTEN & RECEIVE

RECEIVING RATHER THAN STRIVING

Finally, we slow down and practice being with God.

Through a simple listening prayer, you'll spend a few quiet minutes resting in God's presence and receiving what He desires to give. Transformation does not come from striving harder, but from learning to receive the love, grace, and presence of God.

COMMUNITY LIFE NOTES

At the end of each week, you'll find a short Community Life Notes page. It's a simple way to reflect on what stayed with you and to help you come prepared to share when you gather together.

GROUP PRAYER JOURNAL

Pray for one another, and use these pages to record prayer requests and God's answers along the way.

A GENTLE INVITATION

You do not need perfect focus, perfect words, or perfect understanding for this time with God to matter. If you miss a day, simply return the next day. This guide is meant to support your journey with God, not measure your performance. Simply come honestly. God is already present, and He meets us right where we are.

SOURCE OF LOVE

Scarcity we often feel:

When life is painful or pressure-filled,
love can feel scarce.

God reveals Himself as the source of:

A love nothing can separate us from.

ENOUGH

Message Notes

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A large grid of small dots for writing, consisting of 25 columns and 30 rows of dots.

Day 1 | Overview

IDENTIFY THE SCARCITY

And I am convinced that nothing can ever separate us from God's love.

ROMANS 8:38

Many of us live with a quiet fear: If life is this hard, I must not be very loved. When circumstances feel heavy or painful, it's easy to assume God has stepped back, or at least loosened His grip on us.

Israel knew what it was to be "free" and still feel unsafe. God had just brought them out of 400 years of slavery, and instead of leading them home on the shortest route, He led them the long way through the wilderness. God knew their limits and chose a path that would grow them.

In Romans 8, Paul reminds us that nothing can separate us from the love of Christ. Not trouble, not fear, not even death. The promise is not that the road will be easy, but that we will never walk it unloved.

This week we slow down to consider how life can be very hard, and we can be very loved at the same time.

Take time to consider one of these questions:

For those exploring faith: *When you think about a God of love, what is hardest for you to believe: that He sees you, that He cares about you, or that He would walk with you through pain, and why?*

For followers of Jesus: *When life has been pressure-filled or painful, what story have you told yourself about God's love for you?*

Day 2 | Seeing Ourselves In the Story

RECOGNIZING THE SCARCITY IN US

Read the passage slowly. As you read, notice the human response in the story. The people of Israel often react out of fear, scarcity, or self-protection. Their reactions can feel surprisingly familiar.

If it helps, imagine yourself in the scene. What do you notice around you? What might the people be feeling in that moment? What would it be like to stand where they are standing?

EXODUS 13:17-22

¹⁷When Pharaoh finally let the people go, God did not lead them along the main road that runs through Philistine territory, even though that was the shortest route to the Promised Land. God said, “If the people are faced with a battle, they might change their minds and return to Egypt.” ¹⁸So God led them in a roundabout way through the wilderness toward the Red Sea. Thus the Israelites left Egypt like an army ready for battle.

¹⁹Moses took the bones of Joseph with him, for Joseph had made the sons of Israel swear to do this. He said, “God will certainly come to help you. When he does, you must take my bones with you from this place.”

²⁰The Israelites left Succoth and camped at Etham on the edge of the wilderness. ²¹The Lord went ahead of them. He guided them during the day with a pillar of cloud, and he provided light at night with a pillar of fire. This allowed them to travel by day or by night. ²²And the Lord did not remove the pillar of cloud or pillar of fire from its place in front of the people.

Day 3 | God Is the Source

SEEING GOD AS THE SOURCE & HOW HE MEETS US IN THAT SCARCITY

Read the passage slowly. As you read, notice what this passage reveals about the security of God's love.

ROMANS 8:31-39

³¹What shall we say about such wonderful things as these? If God is for us, who can ever be against us? ³²Since he did not spare even his own Son but gave him up for us all, won't he also give us everything else? ³³Who dares accuse us whom God has chosen for his own? No one—for God himself has given us right standing with himself. ³⁴Who then will condemn us? No one—for Christ Jesus died for us and was raised to life for us, and he is sitting in the place of honor at God's right hand, pleading for us.

³⁵Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? ³⁶(As the Scriptures say, "For your sake we are killed every day; we are being slaughtered like sheep.") ³⁷No, despite all these things, overwhelming victory is ours through Christ, who loved us.

³⁸And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. ³⁹No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.

Day 4 | Listen & Receive

RECEIVING RATHER THAN STRIVING

- Set aside 5–15 minutes for this time of prayer.
- Use a timer if it helps you relax and stay present.
- Find a comfortable position and take a few slow breaths.
- Quiet your heart and intentionally place yourself in God's presence.

This week we are reflecting on **God as the source of love**.

*As you sit quietly, allow yourself to rest in the love of God.
You do not have to earn His love or prove yourself worthy of it.*

A WORD TO GUIDE YOUR PRAYER

Choose a simple word or phrase that helps return your attention to God when your thoughts wander. You might use one of these:

Beloved / Nothing can separate / Christ's love

LISTENING

Rest in God's presence. There is nothing you need to accomplish in this time. Simply remain with Jesus and allow yourself to receive His love.

If your mind wanders, gently return to your word or phrase and continue resting in God's presence.

CLOSING

As your time comes to an end, take a few slow breaths before returning to your day. Rest in this truth:

*Nothing can separate you from the love of Christ.
You do not have to earn the love that God has already given.*

Community Life Notes

Reflect on what stayed with you this week and come prepared to share with your group when you gather together.

1. WHAT STAYED WITH YOU THIS WEEK?

A thought, phrase, moment, or Scripture.

2. WHERE DID YOU NOTICE THIS THEME IN YOUR REAL LIFE?

Where did scarcity show up? Where did you notice God as the source?

3. COME READY TO SHARE:

Jot down one insight, one question, or one experience.

SOURCE OF HOPE

Scarcity we often feel:

When circumstances look impossible,
hope feels fragile.

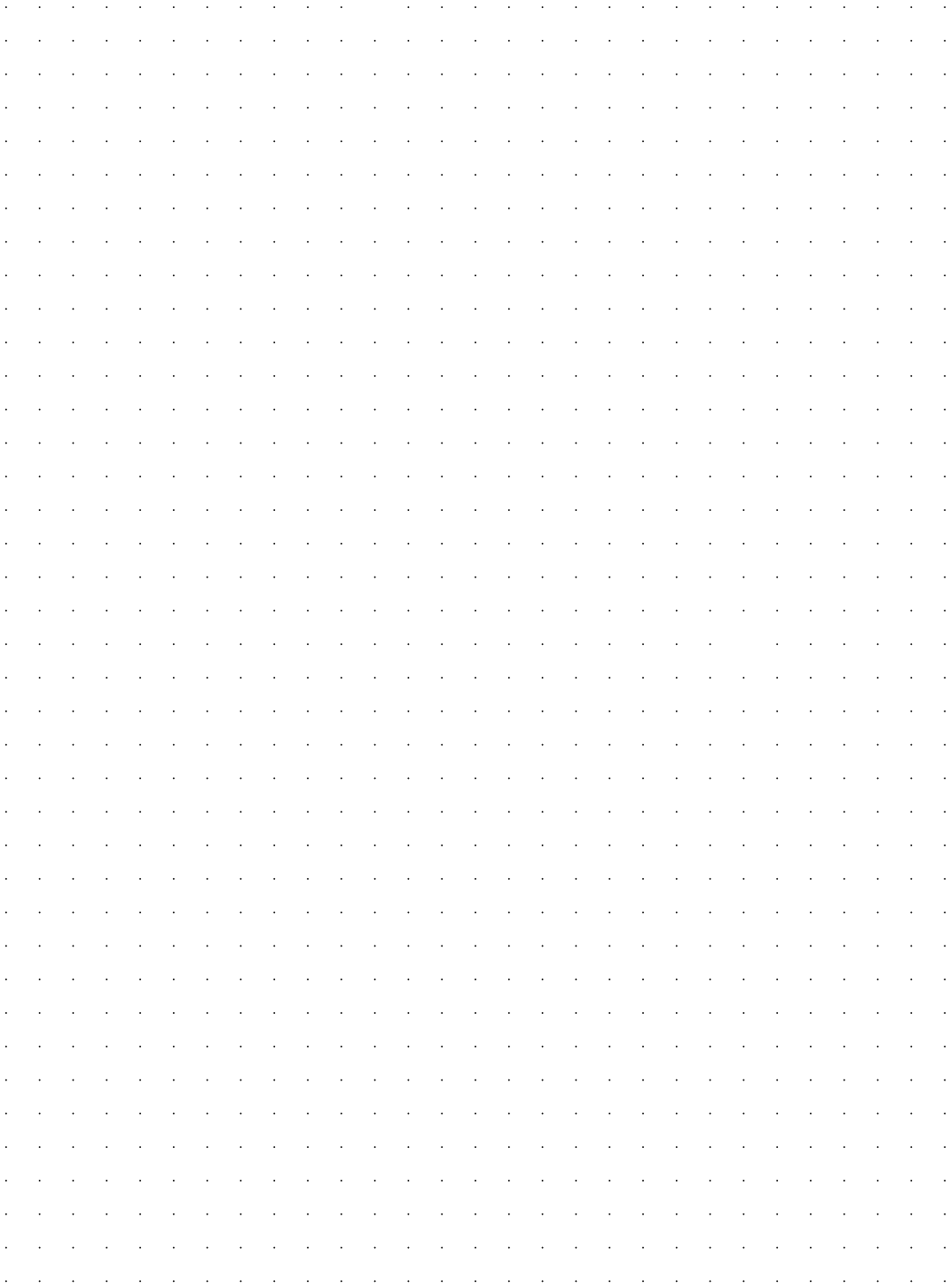
God reveals Himself as the source of:

Hope even in situations that seem
trapped.

ENOUGH

Message Notes

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Day 1 | Overview

IDENTIFY THE SCARCITY

“I do believe, but help me overcome my unbelief!”

MARK 9:24b

When we find ourselves in situations that feel impossible, hope can begin to fade. We may not say it out loud, but internally we start to brace ourselves for disappointment so it won't hurt as much.

Israel knew this feeling. Trapped between the Red Sea and Pharaoh's army, hope evaporated the moment the situation looked impossible.

In Mark 9, a desperate father brings his suffering son to Jesus. He wants to believe, but disappointment has worn him down. His prayer is painfully honest: “I do believe, but help me overcome my unbelief!”

This week we slow down long enough to explore what it means to hold onto hope even when the outcome feels uncertain.

Take time to consider one of these questions:

For those exploring faith: *If you were honest, where does doubt feel stronger than belief right now – and what has shaped that?*

For followers of Jesus: *Where are you most tempted to believe there is no way forward?*

Day 2 | Seeing Ourselves In the Story

RECOGNIZING THE SCARCITY IN US

Read the passage slowly. As you read, notice the human response in the story. The people of Israel often react out of fear, scarcity, or self-protection. Their reactions can feel surprisingly familiar.

If it helps, imagine yourself in the scene. What do you notice around you? What might the people be feeling in that moment? What would it be like to stand where they are standing?

EXODUS 14:1-14

¹Then the Lord gave these instructions to Moses: ²“Order the Israelites to turn back and camp by Pi-hahiroth between Migdol and the sea. Camp there along the shore, across from Baal-zephon. ³Then Pharaoh will think, ‘The Israelites are confused. They are trapped in the wilderness!’ ⁴And once again I will harden Pharaoh’s heart, and he will chase after you. I have planned this in order to display my glory through Pharaoh and his whole army. After this the Egyptians will know that I am the Lord!” So the Israelites camped there as they were told.

⁵When word reached the king of Egypt that the Israelites had fled, Pharaoh and his officials changed their minds. “What have we done, letting all those Israelite slaves get away?” they asked. ⁶So Pharaoh harnessed his chariot and called up his troops. ⁷He took with him 600 of Egypt’s best chariots, along with the rest of the chariots of Egypt, each with its commander. ⁸The Lord hardened the heart of Pharaoh, the king of Egypt, so he chased after the people of Israel, who had left with fists raised in defiance. ⁹The Egyptians chased after them with all the forces in Pharaoh’s army—all his horses and chariots, his charioteers, and his troops. The Egyptians caught up with the people of Israel as they were camped beside the shore near Pi-hahiroth, across from Baal-zephon.

Day 3 | God Is the Source

SEEING GOD AS THE SOURCE & HOW HE MEETS US IN THAT SCARCITY

Read the passage slowly. As you read, notice how Jesus responds to doubt and desperation.

MARK 9:14–24

¹⁴When they returned to the other disciples, they saw a large crowd surrounding them, and some teachers of religious law were arguing with them. ¹⁵When the crowd saw Jesus, they were overwhelmed with awe, and they ran to greet him. ¹⁶“What is all this arguing about?” Jesus asked.

¹⁷One of the men in the crowd spoke up and said, “Teacher, I brought my son so you could heal him. He is possessed by an evil spirit that won’t let him talk. ¹⁸And whenever this spirit seizes him, it throws him violently to the ground. Then he foams at the mouth and grinds his teeth and becomes rigid. So I asked your disciples to cast out the evil spirit, but they couldn’t do it.”

¹⁹Jesus said to them, “You faithless people! How long must I be with you? How long must I put up with you? Bring the boy to me.” ²⁰So they brought the boy. But when the evil spirit saw Jesus, it threw the child into a violent convulsion, and he fell to the ground, writhing and foaming at the mouth.

²¹“How long has this been happening?” Jesus asked the boy’s father. He replied, “Since he was a little boy. ²²The spirit often throws him into the fire or into water, trying to kill him. Have mercy on us and help us, if you can.”

²³“What do you mean, ‘If I can’?” Jesus asked. “Anything is possible if a person believes.”

²⁴The father instantly cried out, “I do believe, but help me overcome my unbelief!”

Day 4 | Listen & Receive

RECEIVING RATHER THAN STRIVING

- Set aside 5–15 minutes for this time of prayer.
- Use a timer if it helps you relax and stay present.
- Find a comfortable position and take a few slow breaths.
- Quiet your heart and intentionally place yourself in God's presence.

This week we are reflecting on **God as the source of hope**.

As you sit quietly, allow yourself to bring the places that feel uncertain or impossible into God's presence.

A WORD TO GUIDE YOUR PRAYER

Choose a simple word or phrase that helps return your attention to God when your thoughts wander. You might use one of these:

I believe / Help my unbelief / Jesus

LISTENING

Rest in God's presence. There is nothing you need to accomplish in this time. Simply remain with Jesus and allow yourself to receive His love.

If your mind wanders, gently return to your word or phrase and continue resting in God's presence.

CLOSING

As your time comes to an end, take a few slow breaths before returning to your day. Rest in this truth:

*Even when the way forward is unclear,
God is already present in the impossible places.*

Community Life Notes

Reflect on what stayed with you this week and come prepared to share with your group when you gather together.

1. WHAT STAYED WITH YOU THIS WEEK?

A thought, phrase, moment, or Scripture.

2. WHERE DID YOU NOTICE THIS THEME IN YOUR REAL LIFE?

Where did scarcity show up? Where did you notice God as the source?

3. COME READY TO SHARE:

Jot down one insight, one question, or one experience.

SOURCE OF COMFORT

Scarcity we often feel:

When pain surfaces, comfort can feel distant.

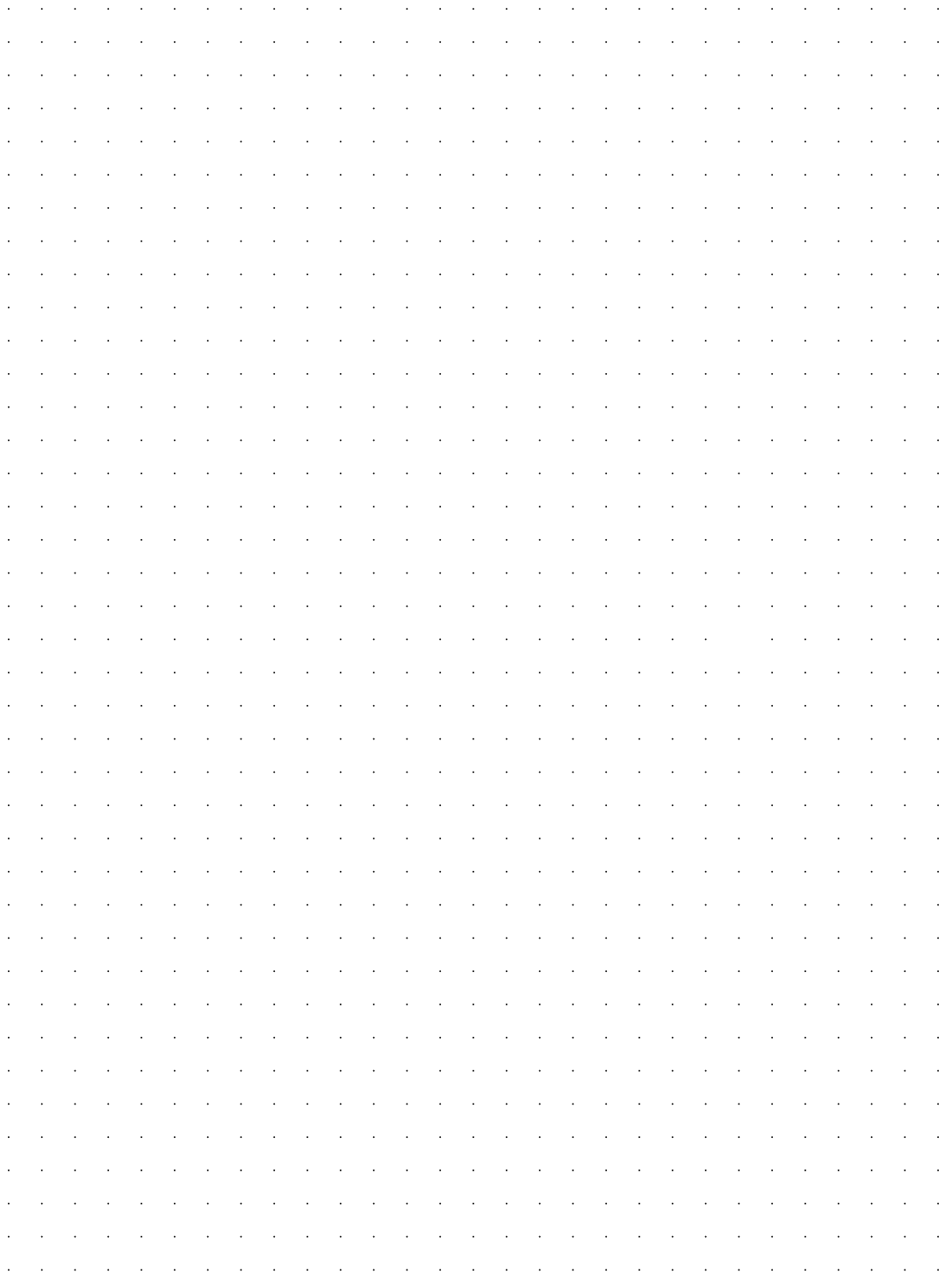
God reveals Himself as the source of:

Comfort that meets us in our suffering.

ENOUGH

Message Notes

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Day 1 | Overview

IDENTIFY THE SCARCITY

God is our merciful Father and the source of all comfort.

2 CORINTHIANS 1:3b

Sometimes the hardest moments come after the breakthrough. When the crisis has passed and things finally slow down, we begin to feel what we did not have space to feel before.

In Exodus 15, Israel has just experienced a miraculous rescue. But only a few days later, they arrive at water they cannot drink. God does not rush them past this moment. He meets them in it.

Paul writes to believers who are suffering and discouraged, reminding them that God is not only powerful, but compassionate. He calls God “the Father of mercy and the source of all comfort.” Not the remover of hard things, but the One who meets us in it.

This week, we slow down to consider what it looks like to bring our honest disappointment to God, rather than pushing past it.

Take time to consider one of these questions:

For those exploring faith: *If God is compassionate, what makes it difficult to believe He is present in your pain?*

For followers of Jesus: *Where has disappointment quietly replaced trust in your life?*

Day 2 | Seeing Ourselves In the Story

RECOGNIZING THE SCARCITY IN US

Read the passage slowly. As you read, notice the human response in the story. The people of Israel often react out of fear, scarcity, or self-protection. Their reactions can feel surprisingly familiar.

If it helps, imagine yourself in the scene. What do you notice around you? What might the people be feeling in that moment? What would it be like to stand where they are standing?

EXODUS 15:22-27

²²Then Moses led the people of Israel away from the Red Sea, and they moved out into the desert of Shur. They traveled in this desert for three days without finding any water. ²³When they came to the oasis of Marah, the water was too bitter to drink. So they called the place Marah (which means “bitter”).

²⁴Then the people complained and turned against Moses. “What are we going to drink?” they demanded. ²⁵So Moses cried out to the Lord for help, and the Lord showed him a piece of wood. Moses threw it into the water, and this made the water good to drink.

It was there at Marah that the Lord set before them the following decree as a standard to test their faithfulness to him. ²⁶He said, “If you will listen carefully to the voice of the Lord your God and do what is right in his sight, obeying his commands and keeping all his decrees, then I will not make you suffer any of the diseases I sent on the Egyptians; for I am the Lord who heals you.”

²⁷After leaving Marah, the Israelites traveled on to the oasis of Elim, where they found twelve springs and seventy palm trees. They camped there beside the water.

Day 3 | God Is the Source

SEEING GOD AS THE SOURCE & HOW HE MEETS US IN THAT SCARCITY

Read the passage slowly. As you read, notice how God meets people in suffering and brings comfort.

2 CORINTHIANS 1:1–10

¹This letter is from Paul, chosen by the will of God to be an apostle of Christ Jesus, and from our brother Timothy.

I am writing to God's church in Corinth and to all of his holy people throughout Greece.

²May God our Father and the Lord Jesus Christ give you grace and peace.

³All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. ⁴He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us. ⁵For the more we suffer for Christ, the more God will shower us with his comfort through Christ. ⁶Even when we are weighed down with troubles, it is for your comfort and salvation! For when we ourselves are comforted, we will certainly comfort you. Then you can patiently endure the same things we suffer. ⁷We are confident that as you share in our sufferings, you will also share in the comfort God gives us.

⁸We think you ought to know, dear brothers and sisters, about the trouble we went through in the province of Asia. We were crushed and overwhelmed beyond our ability to endure, and we thought we would never live through it. ⁹In fact, we expected to die. But as a result, we stopped relying on ourselves and learned to rely only on God, who raises the dead. ¹⁰And he did rescue us from mortal danger, and he will rescue us again. We have placed our confidence in him, and he will continue to rescue us.

Day 4 | Listen & Receive

RECEIVING RATHER THAN STRIVING

- Set aside 5–15 minutes for this time of prayer.
- Use a timer if it helps you relax and stay present.
- Find a comfortable position and take a few slow breaths.
- Quiet your heart and intentionally place yourself in God's presence.

This week we are reflecting on **God as the source of comfort**.

As you sit quietly, allow whatever pain or disappointment surfaced this week to rest in God's care.

A WORD TO GUIDE YOUR PRAYER

Choose a simple word or phrase that helps return your attention to God when your thoughts wander. You might use one of these:

Comfort / Mercy / God of all comfort

LISTENING

Rest in God's presence. There is nothing you need to accomplish in this time. Simply remain with Jesus and allow yourself to receive His love.

If your mind wanders, gently return to your word or phrase and continue resting in God's presence.

CLOSING

As your time comes to an end, take a few slow breaths before returning to your day. Rest in this truth:

*You do not have to hide your hurt;
God meets you gently within it.*

Community Life Notes

Reflect on what stayed with you this week and come prepared to share with your group when you gather together.

1. WHAT STAYED WITH YOU THIS WEEK?

A thought, phrase, moment, or Scripture.

2. WHERE DID YOU NOTICE THIS THEME IN YOUR REAL LIFE?

Where did scarcity show up? Where did you notice God as the source?

3. COME READY TO SHARE:

Jot down one insight, one question, or one experience.

SOURCE OF PROVISION

Scarcity we often feel:

When needs feel uncertain, anxiety tells us there won't be enough.

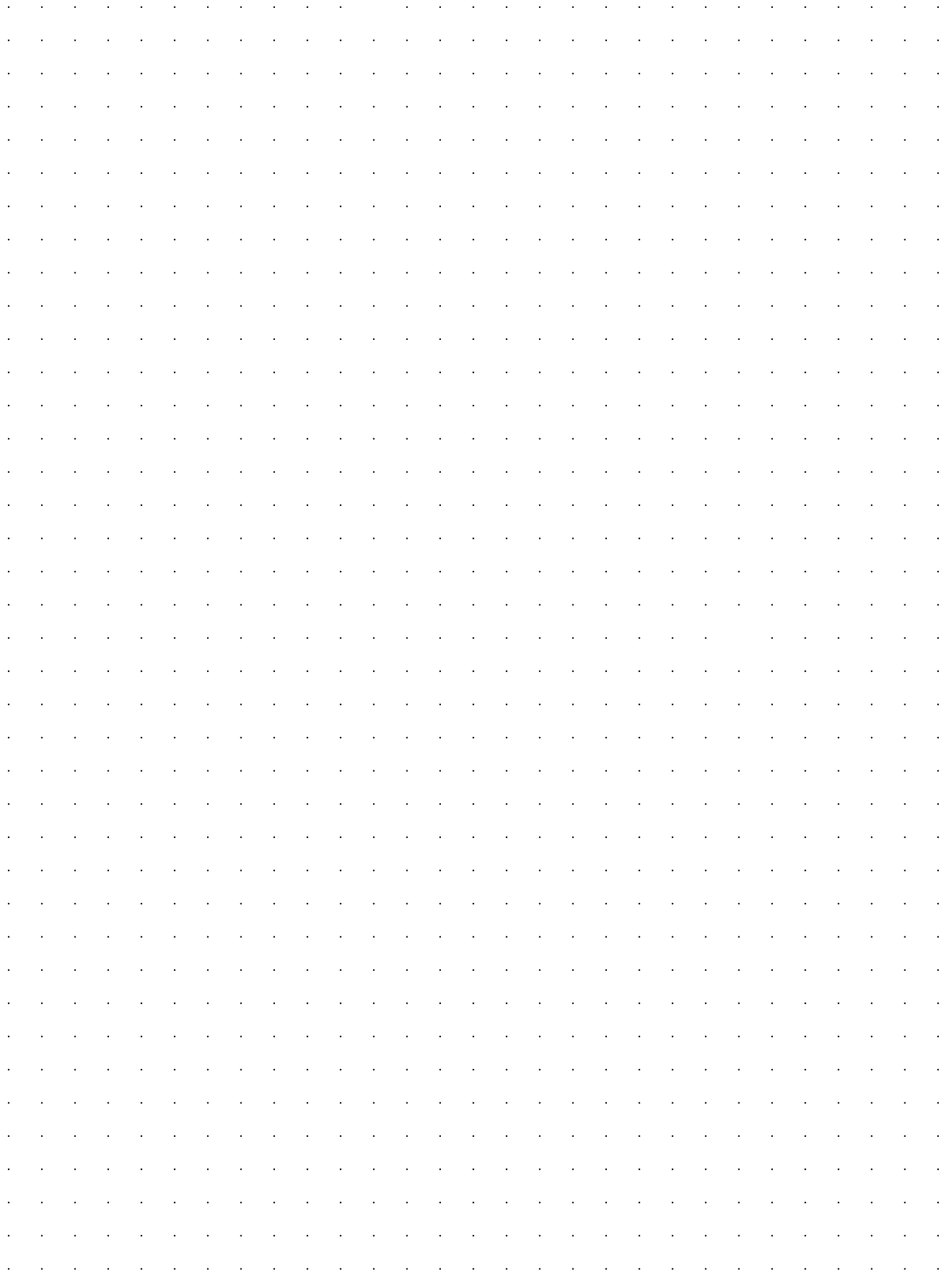
God reveals Himself as the source of:

Daily provision for what we truly need.

ENOUGH

Message Notes

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Day 1 | Overview

IDENTIFY THE SCARCITY

“...your heavenly Father already knows all your needs.”

MATTHEW 6:32b

When our basic needs feel uncertain, anxiety often follows. We begin to think about what might happen tomorrow, what we might lack, or how we will make things work. Scarcity narrows our vision and tempts us to take control.

In Exodus 16, Israel is hungry in the wilderness. God provides manna, but only one day at a time. Each day becomes an invitation to trust again.

In Matthew 6, Jesus reminds us that our Father already knows what we need. Even when we long for certainty about the future, God meets us in the present, inviting us to trust His care.

This week, we slow down to explore what it means to receive what we need for today without trying to control tomorrow.

Take time to consider one of these questions:

For those exploring faith: *If God truly knows what you need, what would be hardest about trusting Him with it?*

For followers of Jesus: *Where does the fear of “not enough” show up most clearly in your life right now? Do you see it show up with time, money, energy, or something else?*

Day 2 | Seeing Ourselves In the Story

RECOGNIZING THE SCARCITY IN US

Read the passage slowly. As you read, notice the human response in the story. The people of Israel often react out of fear, scarcity, or self-protection. Their reactions can feel surprisingly familiar.

If it helps, imagine yourself in the scene. What do you notice around you? What might the people be feeling in that moment? What would it be like to stand where they are standing?

EXODUS 16:1-4; 13-18; 31

¹Then the whole community of Israel set out from Elim and journeyed into the wilderness of Sin, between Elim and Mount Sinai. They arrived there on the fifteenth day of the second month, one month after leaving the land of Egypt. ²There, too, the whole community of Israel complained about Moses and Aaron. ³“If only the Lord had killed us back in Egypt,” they moaned. “There we sat around pots filled with meat and ate all the bread we wanted. But now you have brought us into this wilderness to starve us all to death.” ⁴Then the Lord said to Moses, “Look, I’m going to rain down food from heaven for you. Each day the people can go out and pick up as much food as they need for that day. I will test them in this to see whether or not they will follow my instructions.

¹³That evening vast numbers of quail flew in and covered the camp. And the next morning the area around the camp was wet with dew. ¹⁴When the dew evaporated, a flaky substance as fine as frost blanketed the ground. ¹⁵The Israelites were puzzled when they saw it. “What is it?” they asked each other. They had no idea what it was. And Moses told them, “It is the food the Lord has given you to eat. ¹⁶These are the Lord’s instructions: Each household should gather as much as it needs. Pick up two quarts for each person in your tent.” ¹⁷So the people of Israel did as they were told. Some gathered a lot, some only a little. ¹⁸But when they measured it out, everyone had just enough. Those who gathered a lot had nothing

Day 3 | God Is the Source

SEEING GOD AS THE SOURCE & HOW HE MEETS US IN THAT SCARCITY

Read the passage slowly. As you read, notice what Jesus says about worry and the Father's care.

MATTHEW 6:24–34

²⁴“No one can serve two masters. For you will hate one and love the other; you will be devoted to one and despise the other. You cannot serve God and be enslaved to money.

²⁵“That is why I tell you not to worry about everyday life—whether you have enough food and drink, or enough clothes to wear. Isn't life more than food, and your body more than clothing? ²⁶Look at the birds. They don't plant or harvest or store food in barns, for your heavenly Father feeds them. And aren't you far more valuable to him than they are? ²⁷Can all your worries add a single moment to your life?

²⁸“And why worry about your clothing? Look at the lilies of the field and how they grow. They don't work or make their clothing, ²⁹yet Solomon in all his glory was not dressed as beautifully as they are. ³⁰And if God cares so wonderfully for wildflowers that are here today and thrown into the fire tomorrow, he will certainly care for you. Why do you have so little faith?

³¹“So don't worry about these things, saying, 'What will we eat? What will we drink? What will we wear?' ³²These things dominate the thoughts of unbelievers, but your heavenly Father already knows all your needs. ³³Seek the Kingdom of God above all else, and live righteously, and he will give you everything you need.

³⁴“So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today.

Day 4 | Listen & Receive

RECEIVING RATHER THAN STRIVING

- Set aside 5–15 minutes for this time of prayer.
- Use a timer if it helps you relax and stay present.
- Find a comfortable position and take a few slow breaths.
- Quiet your heart and intentionally place yourself in God's presence.

This week we are reflecting on **God as the source of provision**.

As you sit quietly, allow your worries about tomorrow surface and bring them into God's presence.

A WORD TO GUIDE YOUR PRAYER

Choose a simple word or phrase that helps return your attention to God when your thoughts wander. You might use one of these:

Daily bread / Father / Enough

LISTENING

Rest in God's presence. There is nothing you need to accomplish in this time. Simply remain with Jesus and allow yourself to receive His love.

If your mind wanders, gently return to your word or phrase and continue resting in God's presence.

CLOSING

As your time comes to an end, take a few slow breaths before returning to your day. Rest in this truth:

God's provision often comes one day at a time, and today He is enough.

Community Life Notes

Reflect on what stayed with you this week and come prepared to share with your group when you gather together.

1. WHAT STAYED WITH YOU THIS WEEK?

A thought, phrase, moment, or Scripture.

2. WHERE DID YOU NOTICE THIS THEME IN YOUR REAL LIFE?

Where did scarcity show up? Where did you notice God as the source?

3. COME READY TO SHARE:

Jot down one insight, one question, or one experience.

SOURCE OF STRENGTH

Scarcity we often feel:

When our strength runs out, we feel
unable to keep going.

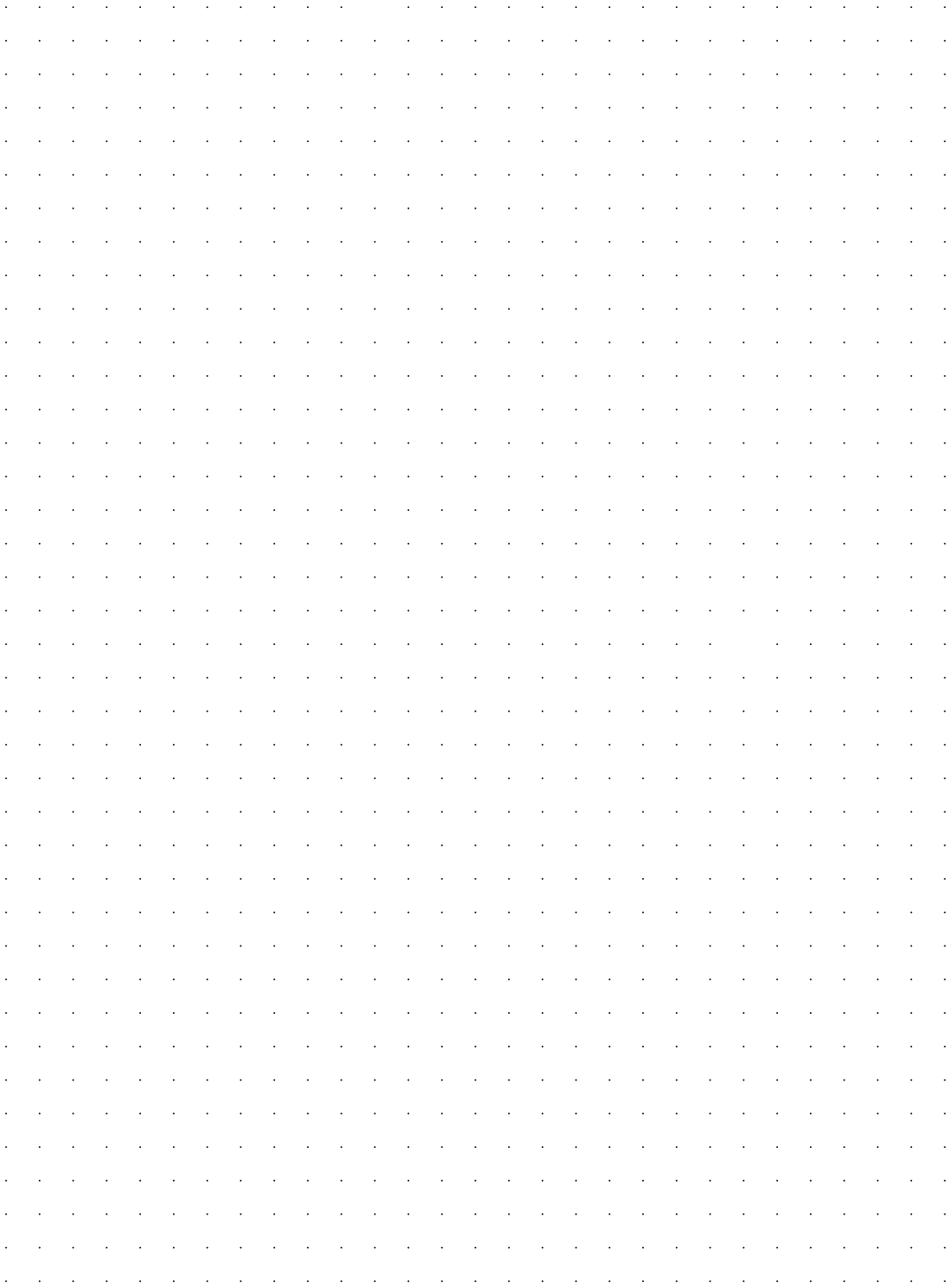
God reveals Himself as the source of:

Strength that sustains us in every
circumstance.

ENOUGH

Message Notes

A large grid of small dots, arranged in approximately 30 rows and 40 columns, covering the majority of the page. This grid is intended for taking notes.



Day 1 | Overview

IDENTIFY THE SCARCITY

For I can do everything through Christ, who gives me strength.

PHILIPPIANS 4:13

There are moments when we realize we simply don't have what it takes. Energy fades, and the challenges in front of us feel greater than the strength we have left.

In Exodus 17, the people once again find themselves without water, revealing how quickly discouragement can surface when resources run dry, and they reach the end of their own strength.

Years later, Paul writes from his own experience of hardship. He doesn't promise endless strength, but something deeper: a learned contentment that comes from depending on Christ, who meets us even in our weakness.

This week, we slow down to consider what it looks like to depend on God when our own strength is not enough.

Take time to consider one of these questions:

For those exploring faith: *When life feels overwhelming, where do you usually look for strength?*

For followers of Jesus: *Where in your life right now do you feel stretched beyond your own strength?*

Day 2 | Seeing Ourselves In the Story

RECOGNIZING THE SCARCITY IN US

Read the passage slowly. As you read, notice the human response in the story. The people of Israel often react out of fear, scarcity, or self-protection. Their reactions can feel surprisingly familiar.

If it helps, imagine yourself in the scene. What do you notice around you? What might the people be feeling in that moment? What would it be like to stand where they are standing?

EXODUS 17:1-7

¹At the Lord's command, the whole community of Israel left the wilderness of Sin and moved from place to place. Eventually they camped at Rephidim, but there was no water there for the people to drink. ²So once more the people complained against Moses. "Give us water to drink!" they demanded. "Quiet!" Moses replied. "Why are you complaining against me? And why are you testing the Lord?"

³But tormented by thirst, they continued to argue with Moses. "Why did you bring us out of Egypt? Are you trying to kill us, our children, and our livestock with thirst?"

⁴Then Moses cried out to the Lord, "What should I do with these people? They are ready to stone me!"

⁵The Lord said to Moses, "Walk out in front of the people. Take your staff, the one you used when you struck the water of the Nile, and call some of the elders of Israel to join you. ⁶I will stand before you on the rock at Mount Sinai. Strike the rock, and water will come gushing out. Then the people will be able to drink." So Moses struck the rock as he was told, and water gushed out as the elders looked on.

⁷Moses named the place Massah (which means "test") and Meribah (which means "arguing") because the people of Israel argued with Moses and tested the Lord by saying, "Is the Lord here with us or not?"

Day 3 | God Is the Source

SEEING GOD AS THE SOURCE & HOW HE MEETS US IN THAT SCARCITY

Read the passage slowly. As you read, notice where Paul says true strength comes from.

PHILIPPIANS 4:4–14

⁴Always be full of joy in the Lord. I say it again—rejoice! ⁵Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon.

⁶Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. ⁷Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.

⁸And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. ⁹Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.

¹⁰How I praise the Lord that you are concerned about me again. I know you have always been concerned for me, but you didn't have the chance to help me. ¹¹Not that I was ever in need, for I have learned how to be content with whatever I have. ¹²I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. ¹³For I can do everything through Christ, who gives me strength. ¹⁴Even so, you have done well to share with me in my present difficulty.

Day 4 | Listen & Receive

RECEIVING RATHER THAN STRIVING

- Set aside 5–15 minutes for this time of prayer.
- Use a timer if it helps you relax and stay present.
- Find a comfortable position and take a few slow breaths.
- Quiet your heart and intentionally place yourself in God's presence.

This week we are reflecting on **God as the source of strength**.

*As you sit quietly, bring your exhaustion
or weakness honestly before God.*

A WORD TO GUIDE YOUR PRAYER

Choose a simple word or phrase that helps return your attention to God when your thoughts wander. You might use one of these:

Christ my strength / Sustain me / Jesus

LISTENING

Rest in God's presence. There is nothing you need to accomplish in this time. Simply remain with Jesus and allow yourself to receive His love.

If your mind wanders, gently return to your word or phrase and continue resting in God's presence.

CLOSING

As your time comes to an end, take a few slow breaths before returning to your day. Rest in this truth:

When your strength runs out, Christ remains your strength.

Community Life Notes

Reflect on what stayed with you this week and come prepared to share with your group when you gather together.

1. WHAT STAYED WITH YOU THIS WEEK?

A thought, phrase, moment, or Scripture.

2. WHERE DID YOU NOTICE THIS THEME IN YOUR REAL LIFE?

Where did scarcity show up? Where did you notice God as the source?

3. COME READY TO SHARE:

Jot down one insight, one question, or one experience.

SOURCE OF HUMILITY

Scarcity we often feel:

Pride convinces us we must carry everything alone.

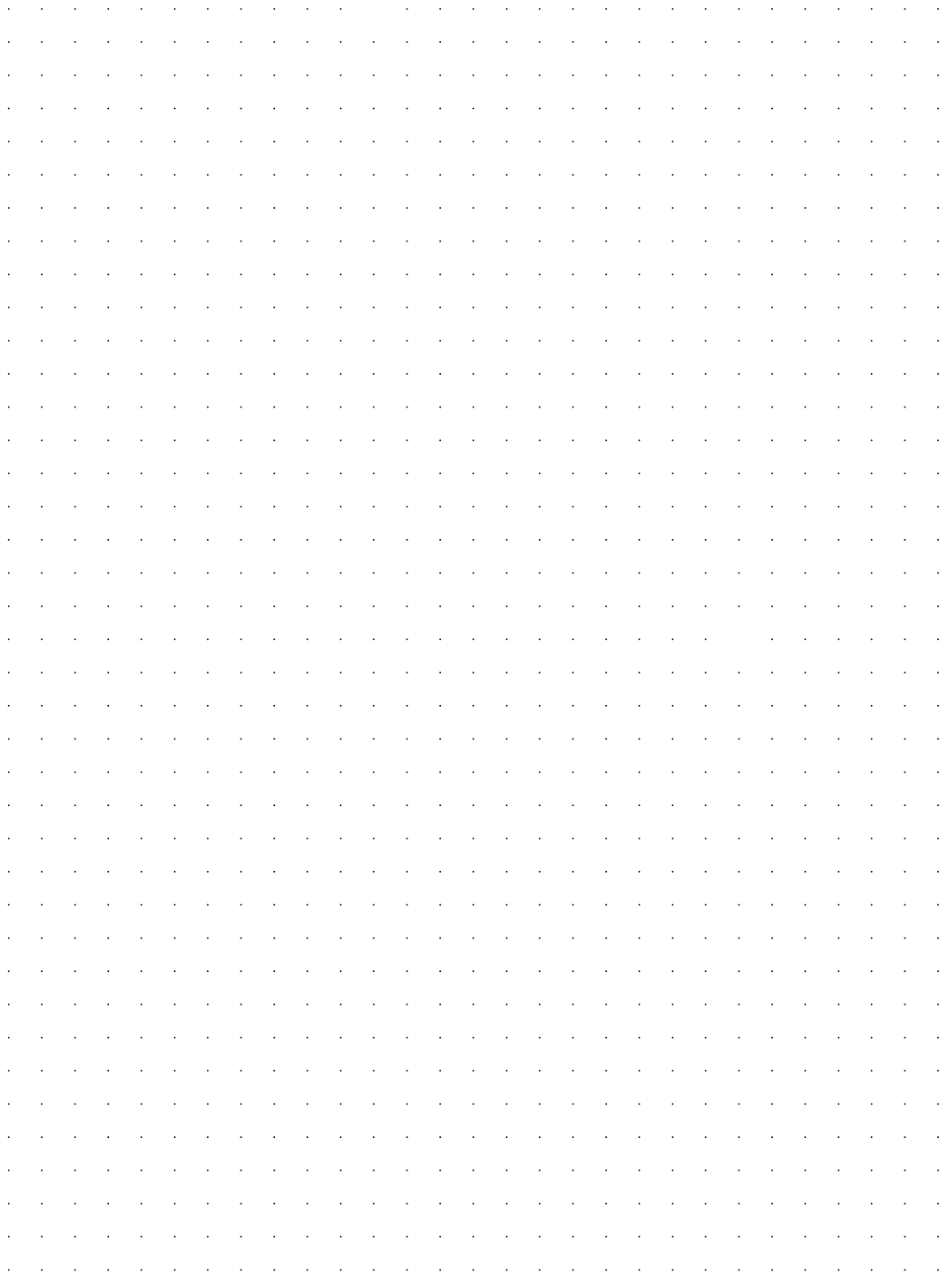
God reveals Himself as the source of:

Humility that with His grace meets us when we release self-sufficiency.

ENOUGH

Message Notes

A large grid of small dots, arranged in approximately 30 columns and 40 rows, covering the majority of the page. This grid is intended for taking notes.



Day 1 | Overview

IDENTIFY THE SCARCITY

“God opposes the proud but gives grace to the humble.”

JAMES 4:6b

Many of us have learned, either explicitly or subtly, that strength means handling things on our own. Asking for help can feel like weakness, or like admitting we're not enough.

In Exodus 17, Moses cannot hold up his arms on his own. As they drop, the battle shifts. It is only when others come alongside him to help that the people prevail. God often provides what we need through other people. But receiving that help requires humility.

James later reminds believers that God “gives grace to the humble.” Humility is not weakness; it is the posture that allows us to receive what God provides.

This week, we slow down to explore what it means to let go of self-sufficiency and allow others to support us.

Take time to consider one of these questions:

For those exploring faith: *What makes it difficult to let others see when you're struggling?*

For followers of Jesus: *Where might pride be keeping you from receiving help you actually need?*

Day 2 | Seeing Ourselves In the Story

RECOGNIZING THE SCARCITY IN US

Read the passage slowly. As you read, notice the human response in the story. The people of Israel often react out of fear, scarcity, or self-protection. Their reactions can feel surprisingly familiar.

If it helps, imagine yourself in the scene. What do you notice around you? What might the people be feeling in that moment? What would it be like to stand where they are standing?

EXODUS 17:8-16

⁸While the people of Israel were still at Rephidim, the warriors of Amalek attacked them. ⁹Moses commanded Joshua, “Choose some men to go out and fight the army of Amalek for us. Tomorrow, I will stand at the top of the hill, holding the staff of God in my hand.”

¹⁰So Joshua did what Moses had commanded and fought the army of Amalek. Meanwhile, Moses, Aaron, and Hur climbed to the top of a nearby hill. ¹¹As long as Moses held up the staff in his hand, the Israelites had the advantage. But whenever he dropped his hand, the Amalekites gained the advantage. ¹²Moses’ arms soon became so tired he could no longer hold them up. So Aaron and Hur found a stone for him to sit on. Then they stood on each side of Moses, holding up his hands. So his hands held steady until sunset. ¹³As a result, Joshua overwhelmed the army of Amalek in battle.

¹⁴After the victory, the Lord instructed Moses, “Write this down on a scroll as a permanent reminder, and read it aloud to Joshua: I will erase the memory of Amalek from under heaven.” ¹⁵Moses built an altar there and named it Yahweh-Nissi (which means “the Lord is my banner”). ¹⁶He said, “They have raised their fist against the Lord’s throne, so now the Lord will be at war with Amalek generation after generation.”

Day 3 | God Is the Source

SEEING GOD AS THE SOURCE & HOW HE MEETS US IN THAT SCARCITY

Read the passage slowly. As you read, notice what this passage reveals about humility and God's grace.

JAMES 4:5-10

⁵Do you think the Scriptures have no meaning? They say that God is passionate that the spirit he has placed within us should be faithful to him. ⁶And he gives grace generously. As the Scriptures say,

“God opposes the proud
but gives grace to the humble.”

⁷So humble yourselves before God. Resist the devil, and he will flee from you. ⁸Come close to God, and God will come close to you. Wash your hands, you sinners; purify your hearts, for your loyalty is divided between God and the world. ⁹Let there be tears for what you have done. Let there be sorrow and deep grief. Let there be sadness instead of laughter, and gloom instead of joy. ¹⁰Humble yourselves before the Lord, and he will lift you up in honor.

Take a moment to sit quietly with the passage. What words, phrases, or images stay with you?

Day 4 | Listen & Receive

RECEIVING RATHER THAN STRIVING

- Set aside 5–15 minutes for this time of prayer.
- Use a timer if it helps you relax and stay present.
- Find a comfortable position and take a few slow breaths.
- Quiet your heart and intentionally place yourself in God's presence.

This week we are reflecting on **God as the source of humility**.

As you sit quietly, allow yourself to release the pressure to carry everything by yourself.

A WORD TO GUIDE YOUR PRAYER

Choose a simple word or phrase that helps return your attention to God when your thoughts wander. You might use one of these:

Grace / Help / Not alone

LISTENING

Rest in God's presence. There is nothing you need to accomplish in this time. Simply remain with Jesus and allow yourself to receive His love.

If your mind wanders, gently return to your word or phrase and continue resting in God's presence.

CLOSING

As your time comes to an end, take a few slow breaths before returning to your day. Rest in this truth:

God often meets us through the people He places beside us.

Community Life Notes

Reflect on what stayed with you this week and come prepared to share with your group when you gather together.

1. WHAT STAYED WITH YOU THIS WEEK?

A thought, phrase, moment, or Scripture.

2. WHERE DID YOU NOTICE THIS THEME IN YOUR REAL LIFE?

Where did scarcity show up? Where did you notice God as the source?

3. COME READY TO SHARE:

Jot down one insight, one question, or one experience.

SOURCE OF GRACE

Scarcity we often feel:

When grace feels scarce, judgment grows easily.

God reveals Himself as the source of:

Grace that with His mercy reshapes the way we see others.

ENOUGH

Day 1 | Overview

IDENTIFY THE SCARCITY

So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

HEBREWS 4:16

Sometimes when grace feels scarce, criticism becomes easy. We notice what is not working, what others are doing wrong, or what should be different. Without realizing it, we can drift from grace into judgment.

In Exodus 18, Jethro helps Moses see he is carrying too much alone and invites him into a wiser, shared way of leading. In Hebrews, we are reminded that Jesus meets our weakness with mercy and grace, inviting us to come to Him with confidence.

Grace often looks like honest insight paired with compassionate guidance. It does not ignore what is broken, but it moves toward healing rather than judgment.

This week, we slow down to consider what it looks like to receive grace and extend it to others.

Take time to consider one of these questions:

For those exploring faith: *When people claim to represent God but seem harsh or judgmental, how has that shaped the way you see faith?*

For followers of Jesus: *Where might God be inviting you to extend grace instead of judgment?*

Day 2 | Seeing Ourselves In the Story

RECOGNIZING THE SCARCITY IN US

Read the passage slowly. As you read, notice the human response in the story. The people of Israel often react out of fear, scarcity, or self-protection. Their reactions can feel surprisingly familiar.

If it helps, imagine yourself in the scene. What do you notice around you? What might the people be feeling in that moment? What would it be like to stand where they are standing?

EXODUS 18:13–27

¹³The next day, Moses took his seat to hear the people's disputes against each other. They waited before him from morning till evening.

¹⁴When Moses' father-in-law saw all that Moses was doing for the people, he asked, "What are you really accomplishing here? Why are you trying to do all this alone while everyone stands around you from morning till evening?"

¹⁵Moses replied, "Because the people come to me to get a ruling from God. ¹⁶When a dispute arises, they come to me, and I am the one who settles the case between the quarreling parties. I inform the people of God's decrees and give them his instructions."

¹⁷"This is not good!" Moses' father-in-law exclaimed. ¹⁸"You're going to wear yourself out—and the people, too. This job is too heavy a burden for you to handle all by yourself. ¹⁹Now listen to me, and let me give you a word of advice, and may God be with you. You should continue to be the people's representative before God, bringing their disputes to him. ²⁰Teach them God's decrees, and give them his instructions. Show them how to conduct their lives. ²¹But select from all the people some capable, honest men who fear God and hate bribes. Appoint them as leaders over groups of one thousand, one hundred, fifty, and ten. ²²They should always be available to solve the people's common disputes, but have them bring the major cases to you. Let the leaders decide

the smaller matters themselves. They will help you carry the load, making the task easier for you. ²³If you follow this advice, and if God commands you to do so, then you will be able to endure the pressures, and all these people will go home in peace.”

²⁴Moses listened to his father-in-law’s advice and followed his suggestions. ²⁵He chose capable men from all over Israel and appointed them as leaders over the people. He put them in charge of groups of one thousand, one hundred, fifty, and ten. ²⁶These men were always available to solve the people’s common disputes. They brought the major cases to Moses, but they took care of the smaller matters themselves.

²⁷Soon after this, Moses said good-bye to his father-in-law, who returned to his own land.

Scarcity of grace appears when a situation feels impossible and we struggle to see any way forward.

JOURNAL A SHORT PRAYER

Where in your life right now does a situation feel trapped, uncertain, or without a clear way forward? Tell God honestly what is on your heart.

Day 3 | God Is the Source

SEEING GOD AS THE SOURCE & HOW HE MEETS US IN THAT SCARCITY

Read the passage slowly. As you read, notice how Jesus meets our weakness with mercy and grace.

HEBREWS 4:12–16

¹²For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. ¹³Nothing in all creation is hidden from God. Everything is naked and exposed before his eyes, and he is the one to whom we are accountable.

¹⁴So then, since we have a great High Priest who has entered heaven, Jesus the Son of God, let us hold firmly to what we believe. ¹⁵This High Priest of ours understands our weaknesses, for he faced all of the same testings we do, yet he did not sin. ¹⁶So let us come boldly to the throne of our gracious God. There we will receive his mercy, and we will find grace to help us when we need it most.

Take a moment to sit quietly with the passage. What words, phrases, or images stay with you?

Day 4 | Listen & Receive

RECEIVING RATHER THAN STRIVING

- Set aside 5–15 minutes for this time of prayer.
- Use a timer if it helps you relax and stay present.
- Find a comfortable position and take a few slow breaths.
- Quiet your heart and intentionally place yourself in God's presence.

This week we are reflecting on **God as the source of grace**.

As you sit quietly, remember the grace and mercy you have received from Christ.

A WORD TO GUIDE YOUR PRAYER

Choose a simple word or phrase that helps return your attention to God when your thoughts wander. You might use one of these:

Grace / Mercy / Jesus

LISTENING

Rest in God's presence. There is nothing you need to accomplish in this time. Simply remain with Jesus and allow yourself to receive His love.

If your mind wanders, gently return to your word or phrase and continue resting in God's presence.

CLOSING

As your time comes to an end, take a few slow breaths before returning to your day. Rest in this truth:

The grace we receive from God becomes the grace we learn to extend.

Community Life Notes

Reflect on what stayed with you this week and come prepared to share with your group when you gather together.

1. WHAT STAYED WITH YOU THIS WEEK?

A thought, phrase, moment, or Scripture.

2. WHERE DID YOU NOTICE THIS THEME IN YOUR REAL LIFE?

Where did scarcity show up? Where did you notice God as the source?

3. COME READY TO SHARE:

Jot down one insight, one question, or one experience.

Group Prayer Page

Pray for one another. Use this page to record prayer requests, praises, and God's answers along the way.

