



Go Deeper, 22nd October 2023: Enough

Dear Miners,

I hope you're continuing to enjoy journeying through Exodus together. I found this week's familiar story still had new thoughts to reveal.

- We heard a lot of God building his people's trust by repeated daily provision. Another surprising aspect of God's trust building is that he revealed his name to the people: YHWH. At the time, other gods' names were often secret mysterious things; to know them was thought to give one power over them. As much as looking after their welfare, God seeks to be trusted though vulnerability, self-revelation, being knowable. Do we take this for granted?
- What are your worries? Are any of them needless, things which, on reflection, you know you don't need to worry about? Are they for yourself, or for others? This is worth some time in prayer and reflection – is there anything God is calling not to worry about?
- What's in your manna jar? What times of enough can you write down and hold in mind for when tough times come? Could you start a Gratitude Jar in your home? We save ours up and read them at New Year.
- Manna means 'what is it,' a mystery that never gets explained. Are you happy to trust God in the mystery, to accept that even though God chooses to be known by us, God is fundamentally unknowable. What mysteries about God make you uncomfortable? What inspire awe?

Every Blessing

Rob

Deeper Stuff

A practise of gratitude is repeatedly demonstrated to be good for our mental and spiritual health. This is one of many episodes on the topic from The Happiness lab.

<https://www.pushkin.fm/podcasts/the-happiness-lab-with-dr-laurie-santos/bonus-grateful-expectations>

My continuing guides through Exodus have been [Dr Carmen Imes, Bearing God's Name](#), and [Pete Enns, Exodus for Normal People](#).

I also found the website [Working Preacher](#) helpful, as is often the case.