



CELL GROUP MATERIAL

2 MAY 2026

3 MAY SERMON

# From Bricks to Bread

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**Icebreaker Question:** Share about a time when hard work paid off for you. How did you feel when you achieved that goal?

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## Sermon Summary

This message explores how God calls us to labour faithfully while resting in His provision. Using Exodus 16 and the story of manna in the wilderness, we learn that God wants to free us from a slave mindset where we work out of fear and perform to be accepted. Instead, He invites us to work from a place of rest, trusting His daily provision and grace.

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## Key Takeaways

- **God's provision does not cancel out human responsibility.** We are called to work diligently and give our best, but we must recognize that our labour is enabled by God's grace, not driven by fear or the need to prove our worth. As Paul declared, "I work harder than all of them, yet not I, but the grace of God that was with me."
  - **We must learn to trust God one day at a time.** Just as the Israelites could only gather manna for each day, we are called to receive God's daily provision without anxiety about tomorrow. When we gather based on fear rather than faith, what we accumulate will grow rotten—success without peace, achievement without joy, productivity without love.
  - **Jesus offers us His yoke, which is easy and light.** Unlike the harsh yoke of Pharaoh or the world's demands, Jesus walks alongside us, sharing the burden. We no longer work to be accepted; we work because we are already accepted as children of God. Our security, value, and provision come from Him alone.
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## Discussion Questions

### Understanding the Message

#### 1. The Slave Mindset

- What does it mean to have a "slave mindset" in our work, ministry, or spiritual life?
- Can you identify areas where you might be working to earn acceptance rather than working from acceptance?

#### 2. Romanticizing the Past

- The Israelites remembered Egypt fondly, forgetting their bondage. Have you ever found yourself looking back at your old life before Christ and thinking "it was easier then"? What's the danger in this?

#### 3. The Manna Principle

- God provided manna daily, but the people had to gather it. How does this balance God's provision with human responsibility?

- Why do you think God didn't just give them a year's supply at once?

## **Personal Application**

### **4. Fear vs. Faith**

- The sermon distinguished between "faithful labour" and "striving based on fear." How can you tell the difference in your own life?
- What fears are currently driving your decisions about work, finances, or future planning?

### **5. Daily Bread**

- Jesus taught us to pray "give us this day our daily bread." What makes it difficult to trust God one day at a time instead of trying to secure the next 5-10 years?
- Share an experience where God provided "just enough" for what you needed that day.

### **6. The Grace-Empowered Life**

- Paul said, "I worked harder than all of them, yet not I, but the grace of God." What does it look like practically to work hard while depending on God's grace?
- Can you share a time when you experienced God's supernatural strength enabling your efforts?

## **Going Deeper**

### **7. The Hoarding Test**

- The sermon mentioned that gathering based on fear is called "hoarding." What are some modern ways Christians might "hoard" out of fear rather than trust?
- How can we distinguish between wise planning and fearful hoarding?

### **8. Jesus' Yoke**

- Jesus invites us to take His yoke, which is "easy" because He walks alongside us. What "yokes" might you be carrying that Jesus never intended for you?
- How do we discern which responsibilities are Jesus' yoke versus the world's yoke or Pharaoh's yoke?

### **9. Rest and Labor**

- How do you reconcile the biblical call to both hard work and rest? Do you tend to lean more toward one than the other?
  - What would it look like for you to "labor from a position of rest"?
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## **Practical Applications**

### **This Week's Challenge**

Choose one or more of these action steps:

#### **Option 1: The Daily Bread Practice**

- Each morning this week, before checking your phone, bank account, or work emails, pray "Give us this day our daily bread" and consciously surrender your anxieties about tomorrow to God.

#### **Option 2: The Fear Inventory**

- Write down your current work/study responsibilities and honestly assess: Which of these am I doing out of love and obedience to God, and which am I doing out of fear (fear of failure, fear of others' opinions, fear of missing out)?
- Bring this list to God in prayer and ask Him to help you release fear-driven activities.

#### **Option 3: The Grace Recognition**

- At the end of each day, journal one way you experienced God's grace enabling your efforts. Look for moments when you had unexpected strength, wisdom, favour, or provision.
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## **Reflection & Accountability**

### **Personal Reflection (5 minutes of silence):**

- Where in my life am I most tempted to operate from a slave mindset?
- What would change if I truly believed God's provision is enough for today?
- What is one specific area where I need to exchange a worldly yoke for Jesus' yoke?

### **Accountability Partners:** Pair up and share:

1. One specific area where you're struggling with fear-based striving
  2. One way your partner can pray for you this week
  3. Exchange contact information to check in mid-week
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## Closing Prayer Focus

Pray together for:

- Freedom from slave mindsets and performance-based acceptance
  - Grace to trust God's daily provision without anxiety about tomorrow
  - Wisdom to discern between Jesus' yoke and the world's yoke
  - Supernatural strength to work hard while resting in God's grace
  - Hearts that find true satisfaction in Jesus, the Bread of Life
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## Memory Verse

**Matthew 11:28-30** - "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls."

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## Additional Resources

- Read Exodus 16 in its entirety this week
- Reflect on John 6:25-58 (Jesus as the Bread of Life)
- Consider reading about the Sabbath principle in Hebrews 4:1-11