Week Two:
Living From Enough Instead of More

Last week, we began by noticing that everything is gift. Gratitude opens our eyes to the many ways God has already blessed us. This week, we take the next step: learning to trust that God's gifts are enough and that God will continue to provide.

When the Israelites wandered through the wilderness, they faced an uncertain future. They didn't know where their next meal would come from or how they would survive. Each morning, however, God provided manna – just enough for that day. **The lesson wasn't simply about bread. It was about trust.**

God invited the Israelites to gather what they needed and trust that tomorrow's provision would come tomorrow. They were also given the gift of Sabbath – a day to rest, to cease striving, and to remember that life ultimately depends not on their efforts alone, but on God's faithfulness.

Our lives may look very different, yet we know that feeling. There never seems to be enough: not enough time in the day, not enough money for everything that needs it, not enough energy for everyone who needs us, not enough certainty about what comes next. That way of living can quietly shape our hearts, leaving us anxious and always reaching for more.

Scripture offers another way. Contentment is not pretending that we never need more or settling for less than we need. It is learning to recognize what has already been given and trusting God with what we cannot yet see. Trust grows as we discover, again and again, that God has been faithful in the past and remains faithful today.

As you move through this week, consider these questions:
• Where in my life am I most tempted to believe there isn't enough?
• What would it look like to trust God there?

Gratitude begins by recognizing what we have received. Trust teaches us to receive today's gifts without letting tomorrow's uncertainty rule our lives.

A Simple Practice

For one hour, stop producing, accomplishing, and catching up. Let the hour itself become an act of trust.

- Turn off your phone and other distractions.
- Go for a walk.
- Sit quietly with a cup of coffee
- Read Scripture, pray, or simply enjoy God's presence without feeling the need to accomplish anything.

As you finish, write down ten blessings you notice during that hour. They may be simple – a kind conversation, birdsong, a favorite meal, laughter, a moment of peace, or the gift of rest itself.

Continue the Conversation

Whether around the dinner table, in the car on the way home from church, or over a cup of coffee, ask one another:

- When have you discovered that God had already provided enough?
- What is one blessing you noticed during your Sabbath hour this week?

Let us pray.

Gracious God, from whom every good gift comes, teach us to trust in your faithful provision. Meet us in our anxiety, deepen our contentment, and help us to rest in the abundance of your love; through Jesus Christ our Lord. Amen.