

# Filling Your Plate

A Word for 2020 & Beyond Part II  
Church on the Park | Sunday, 2 FEB 2020

**Text:** “Then the Lord said to Moses, ‘Behold, I will rain bread from heaven for you; and the people shall go out and gather a day’s portion every day, that I may test them, whether or not they will walk in My instruction.’” (Ex. 16:4, NASB).

**Theme:** You will get to the place God is taking you if you learn to fill your plate with his portion everyday.

**Intro:** Last week we compared our lives to a plate. It’s easy for us to pile our plate with all sorts of things that we like. It’s also easy to get our plates filled by what others want for us. But if you want to be Christ’s disciple, you will let him clear your plate and only put on it the Father’s portion for your life. God’s portion is liberating and nourishing—it frees and feeds our inner soul with God’s eternal life. While last week we focused on the Father’s will being our portion, this week we will focus on the Father’s Word being our portion. And these two things—the will of God and the Word of God—are married together. It’s in God’s Word that we find his will and it’s in his will that we discover his Word. Specifically, I will teach you how to gather the Lord’s portion everyday so that you can get to the place he’s taking you.

**His plan. His portion. His pace.**

*“My people will get to the place I’m taking them if they **learn my portion** and submit to my pace.”*

*How do you fill your plate with the God’s portion each day?*

We can learn God’s way through his work with the Israelites in the wilderness (Exodus 16).

Triple G - GGG

## 1) Go out. (Exodus 16:4)

- “Then the Lord said to Moses, ‘Behold, I will rain bread from heaven for you; and the people shall **go out** and gather a day’s portion every day, that I may test [train] them, whether or not they will walk in My instruction.’” (Ex. 16:4, NASB).
- First, realise that **God has bread from heaven** for you.
  - He is **raining** this bread from heaven **every day**, but it’s **your responsibility** to seek and find it.
- You will find this bread in the **ground of Scripture**.
  - **Scripture** is like a **pasture** and when you **graze** in it, you will find **God’s heavenly food** for your soul.
- God chooses to give **daily manna from heaven** (which miraculously appeared around Israel’s camp) to **feed** his people.
  - It’s through this daily manna that they would get from the **beginning** of the wilderness to the **destination** of the Promised Land.
  - This manna tasted like **honey** and was full of **nutrition (Exo. 16:31)**.
  - It was a sign of **God’s Word** which is **sweet like honey** and is true food (Ps 19:10).
- *How were the Israelites to gather it? How are we to find it?*
- They had to **go out**.
  - In other words, they had to **get out** of their **comfort zones and collect it**.
    - They had to leave their tents and the **comfort of their beds**.
  - God caused the manna to materialise **in the morning** (Exo. 16:13-19).
- It was **time sensitive**. It had to be gathered before it got hot.
  - If they didn’t eat it or give it away, it would **self-destruct**.
    - **Don’t let the distractions of life cause you to miss God’s divine opportunities to gather his Word each day.**

- I find throughout the word that it's in the **evening and morning times—the quiet times**—that God loves to **meet** with and **feed** his people.
- **Jesus went out** (Mark 1:35-39)
- When you go out, go to **the right place**.
  - The right place is the **Scripture**.
  - The right place is a **secluded place**.
  - The right place is the place of **God's presence**.

## 2) Gather. (Exodus 16:4)

- “Then the Lord said to Moses, ‘Behold, I will rain bread from heaven for you; and the people shall go out and **gather** a day’s portion every day, that I may test [train] them, whether or not they will walk in My instruction.’” (Ex. 16:4, NASB).
- When you are in the **right place**, it’s time to **gather**.
  - Know that the Father has a **daily portion** for you.
  - This portion is **not too much and not too little**.
    - **Too much** will make you sick; **too little** will leave you weak.
  - You have to gather a **day’s portion everyday** if you are going to make it to the destination God has for you.
- *How do you gather?*
  - **First, Have a clear plate**.
    - Have an **open heart**, a **clear mind** and a **journal**.
  - **Second, open the Scripture and read a portion**.
    - Not too much and not too little.
  - **Third, pray: ‘Teach me your portions.’** (repeated 8x in Psalm 119)
    - The **trademark** of every disciple of Jesus is the heart cry, **‘Teach me!’**
    - This means **getting low**. The Israelites had to get the manna from the ground, which means they had to **bend down in humility (Deu. 8:2-5)**.
    - In other words, pray, ‘Lord, feed me. Give me your daily bread.’
  - **Fourth, expect God to reveal** his Word to you.
  - **Lastly, ‘fill your plate.’**
    - **Write** it down
    - **Eat** it - by meditating on it and doing it.
  - **Repeat daily**
- As **Jesus** gathered his daily manna in the morning, he knew what the Father wanted from him. He wasn’t taken off course by the magnetism of the crowds (**Mark 1:35-39**).

## 3) Go home (Exodus 16:16)

- The Israelites were meant to bring the manna they gathered **back home** with them.
  - It was for feeding themselves and their family.
- Feed yourself first.
- But also feed your family.
- For 2020: “This is the year of the New Wine. This is the year of joy and celebration...This is the year of power and great joy. My people will know the joy of being my disciples. The work within will flow without. Tell my people to be faithful to the New Wineskin and not fall back to the Old Wineskin. It’s the New Wineskin that will receive the New Wine.” (from my journal, 1 Feb 2020).

*To be continued...*

**Conclusion:** Fill your plate with God’s portion and it will be like a port way to get you to hid destination. His portion is the port way to his place.