

Welcome to Manna Church! We are Glad You are Here!

What to Expect On a Typical Sunday

The worship experience at Manna Church lasts approximately 70-75 minutes. It begins with a time of worship and a brief period of announcements, followed by a biblical and practical message delivered by one of our pastors. Service concludes with another short time of worship and prayer.

Connection Card

If you're a first-time guest, we would love for you to fill out a connection card. No one is planning to call you or come by your house—we just want to thank you for joining us today and to let you know what is available to you here at Manna.

Free Gift for First-Time Guests

If it is your first time with us, we have a gift available for you in the lobby at the end of service. We simply want to give you a gift to thank you for being with us today!

Get the Church Center App

Scan the QR Code to download the Church Center App to get connected to all of our Small Groups, register for upcoming events, and more!



Small Groups

Manna Church is not a church with small groups; we are a small groups church. On Sundays, we gather corporately to be inspired by the presence and Word of God. However, friendships, discipleship, and growth primarily happen in the context of a small group. You can find a list of available Small Groups to join by going on our website, cos.manna.church, and clicking on the "Connect" tab.

Manna Kids

We strive to provide a clean and safe environment where children can experience and enjoy the love of Jesus. The Nursery/Preschool experience is available for kids 6 weeks through 5 years old, and the Elementary experience is for children in Kindergarten through 5th grade. We would love to have your child join us!

Manna Students

If you are in 6th to 12th grade, come join us for Manna Students on Wednesday from 6:30 p.m. to 8:30 p.m. at the Manna Church Offices! We meet weekly during the small group cycle for games, worship, biblical teachings, and small groups! We hope you will join us!

Ways to Give

For a safe and secure way to give to Manna Church, scan the QR Code. Here, you can schedule a one-time gift or establish and manage a recurring gift through the Online Portal.



Pizza With the Pastor

Whether you're visiting for the first time or have been part of Manna Church for a while, Pizza with the Pastor is a fantastic way to get connected and learn more about the mission and vision of the church. Join us on the first Sunday of every month at 5:00 P.M. at the Manna Church Offices (1580 E. Cheyenne Mtn. Blvd) for an evening with our pastors and staff. You can register online or at the Info Center in the main lobby! Childcare is provided.

Growth Track

The Manna Church Growth Track is a series of small groups designed to facilitate your growth as a healthy, effective follower of Jesus Christ. Wherever you are in your journey, the Growth Track can equip you to fully experience your calling in God and your part in impacting your world. Sign up for NextStep by going online or registering at our Info Center Table in the Main Lobby.

FirstStep. In FirstStep, you will discover what a balanced, integrated, and healthy life of a disciple of Jesus looks like, specifically within the context of Manna Church. *Meets the first 4 Mondays of every month from 6:30p-8p. Scan the QR code to join.*



NextStep. NextStep is here for you to learn about Manna Church's Mission, Vision, and Values. You'll discover who we are, why we're here, where we're going, and how you can get connected while exploring God's unique purpose for your life.

Meets the 2nd, 3rd, and 4th Sundays of the month in the Harrison High School Library.

Sermon Discussion Questions

Take the message deeper this week! We've created questions for your own personal devotional time and for rich conversation in your small group. Find them by scanning the QR code and clicking on "Sermon Notes."



Freedom Weekend



Jesus came to heal broken hearts, set captives free, and lead us into a life of true spiritual freedom! Freedom Weekend is an opportunity for every believer to experience greater freedom through knowing God, trusting Him, and walking in His ways. Together, we'll discover how God's love and power bring healing, strengthen us, and help us overcome what holds us back. Freedom isn't just a one-time experience; it's part of a lifelong journey of following Jesus. Join us as we pursue the freedom and wholeness Christ has made possible!



David and King Saul

1 Samuel 15: 26 (ESV) - You have rejected the word of the Lord, and the Lord has rejected you from being king over Israel.

Psalms 54:4 (ESV) - Behold, God is my helper; The Lord is the upholder of my life.

Psalms 59: 16, 17 (ESV) - I will sing of Your strength; I will sing aloud of your steadfast love in the morning. For You have been to me a fortress and a refuge in the day of my distress. O my strength, I will sing praises to You, for You, O God, are my fortress, the God who shows me steadfast love.

God's plan: He _____ all authority & _____ authority to people.

- **God can use what others** _____
to develop _____

4 Clear Avenues of Authority

1. _____

Romans 13: 1(ESV) - Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God.

2. _____

Ephesians 6: 5 (ESV) - Bondservants, obey your earthly masters with fear and trembling, with a sincere heart as you would Christ.

3. _____

Ephesians 6:1 (ESV) - Children, obey your parents in the Lord, for this is right.

4. _____

Hebrews 13: 17 (ESV) - Obey your leaders and submit to them, for they are keeping watch over your souls, as those who will have to give an account. Let them do this with joy and not with groaning, for that would be of no advantage to you.

4 Keys to Navigating Life with Imperfect Authority Figures.

1. _____ **new levels of Christlike character through imperfect authority figures.**

Psalms 142: 5, 6 (ESV) - I cry to You, O Lord; I say, "You are my refuge, My portion in the land of the living." Attend to my cry, for I am brought very low! Deliver me from my persecutors, For they are too strong for me.

2. _____ **the authority figures in your life.**

1 Timothy 2: 1, 2 (ESV) - First of all, then, I urge that supplications, prayers, intercessions and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.

Psalms 57: 1, 2 (ESV) - Be merciful to me, O God, be merciful to me, For in You my soul takes refuge; In the shadow of Your wing I will take refuge, till the storms of destruction pass by, I cry out to God Most High, To God who fulfills His purpose for me.

3. **Sometimes, like David,** _____.

4. **Godly** _____

1 Samuel 26: 18, 19 (ESV) - Why does my lord pursue after his servant? For what have I done? What evil is on my hands? Now therefore let my lord the king hear the words of his servant...

Key Ingredients to A Godly Appeal

1. **Show** _____

2. **Proper** _____

3. **Surrender** _____

PERSONAL REFLECTION QUESTIONS

Responding to Difficult Authority

Have you ever been mistreated, misunderstood, or unfairly treated by someone in authority over you? How did that experience affect your attitude, actions, and relationship with God?

When you disagree with or feel mistreated by someone in authority, what is your natural response? Do you tend toward anger, resentment, rebellion, withdrawal, or trusting God?

Growing Through Difficult Seasons

Is there a difficult relationship or challenging season in your life that God may be using to develop patience, humility, self-control, or deeper dependence on Him?

David experienced God's faithfulness in ways he might never have experienced without his years in the wilderness. How have your own difficult seasons helped you know God more deeply?

Praying for Those in Authority

How consistently do you pray for the people God has placed in positions of authority in your life, especially those you disagree with or find difficult to respect?

How might your attitude toward a difficult leader change if you began intentionally praying for that person's wisdom, character, and relationship with God?

Knowing When to Stay and When to Leave

David refused to retaliate against Saul, but he also refused to remain in a situation where his life was threatened. What does that teach you about the difference between honoring authority and allowing yourself to be mistreated?

Is there a situation in your life where you need wisdom to discern whether God is calling you to persevere, establish boundaries, make an appeal, or walk away?

Trusting God With the Outcome

David couldn't control Saul's behavior or how long he would remain in the wilderness, but he could control how he responded. What circumstances or relationships are you currently trying to control that you need to surrender to God?

What would it look like for you to trust God's timing and purposes while remaining faithful in a situation that feels unfair or beyond your control?

SMALL GROUP QUESTIONS

Honoring Imperfect Authority

David remained respectful toward Saul even though Saul was actively trying to kill him. What does his example teach us about honoring authority when the person holding that authority is acting unjustly?

Scripture calls believers to honor and submit to various forms of authority. How can we distinguish between biblical submission and unhealthy obedience that enables wrongdoing or abuse?

God's Work in Difficult Seasons

David's years of suffering helped shape his character and deepened his relationship with God. Why do you think hardship sometimes produces spiritual growth that seasons of comfort do not?

The sermon said, "God can use what others meant to harm you to develop something holy in you." How can we recognize God's work in difficult circumstances without excusing the harmful actions of others?

The Power of Prayer

Why is praying for someone who has mistreated us or whose leadership we disagree with often more difficult than praying for someone we admire?

According to 1 Timothy 2:1–2, believers are called to pray for those in authority. How might consistently praying for our leaders influence both our hearts and the way we respond to their decisions?

Wisdom, Boundaries, and Godly Appeals

David demonstrated respect for Saul while also fleeing from danger and making respectful appeals. What can we learn from the balance of humility, courage, wisdom, and healthy boundaries in his actions?

The sermon identified three ingredients of a godly appeal: respect and humility, proper timing and setting, and surrendering the outcome to God. Why is each important when confronting or disagreeing with someone in authority?

Responding With Christlike Character

David couldn't control Saul's jealousy, anger, or actions, but he could choose how he responded. Why is it so difficult to remain faithful to God's ways when someone else is treating us unfairly?

How can we encourage and support one another through seasons of difficult leadership or injustice while helping each other grow in Christlike character, seek wisdom, and trust God with the outcome?