

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.

LeaderStep. LeaderStep prepares you to lead at Manna Church in areas such as small groups or serve teams. Built on our 12 Operational Principles, LeaderStep fosters spiritual growth, authentic relationships, and Kingdom impact, helping you discover how God can use you to make a difference. (Must have completed NextStep).

Meets quarterly throughout the year. Check the Manna Church Colorado Springs website or ask anyone at our Info Center Table for dates and details.

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."





Psalm 23:2-3

Psalm 23:1-3 (ESV) - The LORD is my shepherd; I shall not want. 2 He makes me lie down in green pastures. He leads me beside still waters. 3 He restores my soul. He leads me in paths of righteousness for his name's sake.

“He makes me lie down in green pastures.”

Genesis 1:27 (ESV) - So God created man in his own image, in the image of God he created him; male and female he created them.

Genesis 2:1-3 (ESV) - Thus the heavens and the earth were finished, and all the host of them. 2 And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. 3 So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

- **God** _____ **that produce** _____.

“He leads me beside still waters.”

Jeremiah 2:13 (ESV) - for my people have committed two evils: they have forsaken me, the fountain of living waters, and hewed out cisterns for themselves, broken cisterns that can hold no water.

John 7:37-39 (ESV) - On the last day of the feast, the great day, Jesus stood up and cried out, “If anyone thirsts, let him come to me and drink. 38 Whoever believes in me, as the Scripture has said, ‘Out of his heart will flow rivers of living water.’”

- **God** _____ **the** _____ **of our heart.**

“He restores my soul.”

- **God** _____ **those that are** _____ **and** _____ **those that have** _____

“He leads me in paths of righteousness for his name's sake.”

- **If God says it** _____, **it's because it is what's** _____.

Matthew 11:28-30 (ESV) - Come to me, all who labor and are heavy laden, and I will give you rest. 29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. 30 For my yoke is easy, and my burden is light.

Notes:

Personal Reflection

Trusting the Shepherd

In what area of your life do you find it hardest to trust the Good Shepherd's direction?

Are you currently following Jesus' voice, or are you more influenced by the opinions and actions of others?

Learning to Rest

What keeps you from experiencing true rest in God: fear, busyness, insecurity, achievement, or something else?

How might God be inviting you to slow down and trust Him more in this season?

Satisfying Your Thirst

Where do you tend to look for fulfillment when you feel empty, discouraged, or dissatisfied?

Have you discovered any pursuits that promised satisfaction but ultimately left you spiritually thirsty?

Restoring Your Soul

Can you identify a season when God restored you after wandering, struggling, or drifting away?

What does the illustration of the cast sheep teach you about your need for God's grace and intervention?

Following God's Wisdom

Is there an area where you know God's direction but are struggling to obey it?

How does remembering God's goodness help you trust His boundaries and commands?

Small Group Reflection

Sheep and Shepherds

Why do you think Scripture so often compares people to sheep?

What are some dangers of following the crowd instead of following the Shepherd?

Green Pastures and Rest

Why is rest such an important part of the Christian life?

Which of the barriers to rest mentioned in the sermon do you see most often in our culture?

Still Waters and Satisfaction

What are some modern "mud puddles" people turn to in search of meaning and fulfillment?

Why do you think only Jesus can truly satisfy the deepest longings of the human heart?

Soul Restoration

What stood out to you most about the picture of a cast sheep?

How have you personally experienced God's restoration during a difficult season?

Paths of Righteousness

What does it mean that God leads us in paths of righteousness "for His name's sake"?

How can we practically grow in trusting God's wisdom over our own understanding?