

Breaking the Cycle of Complaining

WEEK FOUR | PASTOR BEN JOHNSTON

KNOW

God Is Our Source

- ◇ Exodus 16:4 (ESV)
- ◇ Psalm 78:23-25 (ESV)
- ◇ Exodus 16:13-15 (ESV)
- ◇ “manna” means “What is it?”

God Is Our Supply

- ◇ Five times we read who the food comes from. (Exodus 16:4, Exodus 16:8, Exodus 16:15, Exodus 16:29, Exodus 16:32, ESV)
- ◇ Where God guides, God provides.
- ◇ Exodus 16:16-18 (ESV)
- ◇ Numbers 11:4-5 (ESV)

God Is Our Security

- ◇ Exodus 16:32 (ESV)
- ◇ The source is eternal, the supply is unending, and your security is unlimited.

God Is Our Strength

- ◇ Exodus 16:34 (NIV)
- ◇ Deuteronomy 8:2-3 (ESV)

God Is Our Salvation

- ◇ This bread is a picture of Jesus.
- ◇ John 6:32-35 (ESV)
- ◇ The source: Jesus is from Heaven
- ◇ The size: Jesus became small
- ◇ The shape: Jesus is from everlasting to everlasting
- ◇ The shade: Jesus is sinless
- ◇ The sweetness: Jesus makes life better

SCRIPTURES

Exodus 16:1-3
 Exodus 14:11
 Philippians 2:14
 Colossians 3:2
 Exodus 16:4
 Psalm 78:23-25
 Exodus 16:13-15
 John 6:32-35
 Psalm 103:1-5

QUOTES

The problem with complaining is that we have taken our eyes off of the goodness of God and placed them on ourself.

- Pastor Ben Johnston

Warm-Up: When was the last time you complained? What do you complain about the most?

1. One month after their incredible deliverance from Egypt and God miraculously parting the sea for them, the Israelites faced another problem: there's not enough food in the wilderness!

Immediately they begin to grumble and complain.

- a. What would God think of this? Discuss.
 - b. Have you been guilty of doing something similar? Discuss.
 - c. How would God want us to respond to the hardships we face in life?
2. What are some practical ways to develop habits of gratitude? Make a list of at least 10 things you are grateful for and share it with the group.
 3. Pastor Ben said "Where God leads he feeds" and "Where God guides He provides". Share an example of a God provision moment.
 4. Read Exodus 16 again
 - a. Highlight some key words
 - b. What might God be saying to you?

GO

1. **Be intentional this week**
 - a. **"Watch your Tongue".** When you notice yourself complaining about something, immediately "course correct" and thank God for something he has blessed you with. Even if this feels mechanical at first, it helps change our perspective.
 - b. **"Put on a Bracelet."** This week wear an elastic band/bracelet, and every time you are tempted to complain move it from one wrist to the other. Take note of the times you complain and be intentional in changing your complaining to celebrating.
2. **Close your time together by asking God to help you walk in an attitude of gratitude.**

