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1. What are some ways that our words get us into trouble?
    - a. How is this made worse in today's digital age?
  2. Knowing the backstory of Israel, why is it baffling to us that they constantly chose to complain rather than praise?
  3. Read Exodus 16:2-3, 6-8.
    - a. How are our complaints against our circumstances actually a complaint against God?
    - b. Why is it vital that a complaining heart be dealt with?
  4. Read Philippians 2:14-16.
    - a. How does complaining cause us to lose our distinctiveness and effectiveness?
    - b. How can we speak a "different language" from the world when it comes to complaining?
  5. Read Matthew 5:13.
    - a. Why does Jesus use salt as a metaphor for the way Christians should affect the world?
  6. Read Exodus 16:32-33.
    - a. How does our forgetfulness contribute to our complaining?
  7. Read Psalm 103:1-5.
    - a. Like David, why do we need to often stop to remember what God has done?
    - b. What are some "benefits" that God has done for you that you would add to David's list?
  8. Read 1 Thessalonians 5:16-18.
    - a. Why does Paul's command seem impossible and maybe even ridiculous to obey?
    - b. Why is it hard trust the perspective of God when going through difficult circumstances?
    - c. How might God use the "fleas" from your life for your ultimate good?