

June 29 & 30, 2019



Dealing with Daily Discouragement
Numbers Chapter 11

The criticism of the people

1. The people craved a new menu.

Numbers 11:4 *The rabble with them began to crave other food, and again the Israelites started wailing and said, "If only we had meat to eat!"*

2. The people exaggerated how good they had it before.

Numbers 11:5 *We remember the fish we ate in Egypt at no cost — also the cucumbers, melons, leeks, onions and garlic. 6 But now we have lost our appetite; we never see anything but this manna!"*

The complaints of Moses

1. Moses complained, "My problems are to big."

Numbers 11:10 *Moses heard the people of every family wailing, each at the entrance to his tent. The LORD became exceedingly angry, and Moses was troubled.*

11 *He asked the LORD,*

"Why have you brought this trouble on your servant?

What have I done to displease you that you put the burden of all these people on me?

12 *Did I conceive all these people?*

Did I give them birth?

Why do you tell me to carry them in my arms, as a nurse carries an infant, to the land you promised on oath to their forefathers?

13 *Where can I get meat for all these people?*

They keep wailing to me, 'Give us meat to eat!' 14 I cannot carry all these people by myself; the burden is too heavy for me.

15 *If this is how you are going to treat me, put me to death right now — if I have found favor in your eyes — and do not let me face my own ruin."*

2. Moses complained, I am "all by myself."

3. Moses exaggerated how bad it was now.

Numbers 11:21 *But Moses said, "Here I am among six hundred thousand men on foot, and you say, 'I will give them meat to eat for a whole month!' 22 Would they have enough if flocks and herds were slaughtered for them? Would they have enough if all the fish in the sea were caught for them?"*

The correction of the LORD

1. The Lord corrected Moses' isolation.

Numbers 11:16 *The LORD said to Moses: "Bring me seventy of Israel's elders who are known to you as leaders and officials among the people. Have them come to the Tent of Meeting, that they may stand there with you. 17 I will come down and speak with you there, and I will take of the Spirit that is on you and put the Spirit on them. They will help you carry the burden of the people so that you will not have to carry it alone.*

2. The Lord corrected the people's ingratitude.

Numbers 11:18 *"Tell the people: 'Consecrate yourselves in preparation for tomorrow, when you will eat meat. The LORD heard you when you wailed, "If only we had meat to eat! We were better off in Egypt!" Now the LORD will give you meat, and you will eat it. 19 You will not eat it for just one day, or two days, or five, ten or twenty days, 20 but for a whole month — until it comes out of your nostrils and you loathe it — because you have rejected the LORD, who is among you, and have wailed before him, saying, "Why did we ever leave Egypt?"' "*

23 *The LORD answered Moses, "Is the LORD's arm too short? You will now see whether or not what I say will come true for you."*

24 *So Moses went out and told the people what the LORD had said. He brought together seventy of their elders and had them stand around the Tent. 25 Then the LORD came down in the cloud and spoke with him, and he took of the Spirit that was on him and put the Spirit on the seventy elders.*

Timeless antidotes for discouragement

1. Expect to face adversity

1 Peter 4:12 *Dear friends, do not be surprised at the painful trial you are suffering, as though something strange were happening to you.*

2. Remember, my God is bigger than my problems.

Deuteronomy 5:15 *Remember that you were slaves in Egypt and that the LORD your God brought you out of there with a mighty hand and an outstretched arm . . .*

3. Make a daily habit to express gratitude

1 Thessalonians 5:16 *Be joyful always; 17 pray continually; 18 give thanks in all circumstances, for this is God's will for you in Christ Jesus.*

4. Be a source of encouragement to someone else

Galatians 6:2 *Carry each other's burdens, and in this way you will fulfill the law of Christ.*

5. Be a part of a spiritual support group

Hebrews 10:24 *And let us consider how we may spur one another on toward love and good deeds. 25 Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another — and all the more as you see the Day approaching.*