

# More Walking Wisdom

(Insights from Exodus 16:1-36)

Pastor Bob Johnson, Grace Point Church, February 19th, 2017

## Keys to Combatting Fear & Grumbling ...

### 1. We grumble less when we ...

(Exodus 16:1-3, 1 Corinthians 15:33, 11:1, Hebrews 10:24-25, Proverbs 27:17, Proverbs 13:20, Psalms 26:4-5)

#### Crying out to God ...

#### God will meet us ...

(John 20:24-29, Mark 9:14-27)

### 2. We grumble less when we ...

(Exodus 16:4-5, 27-30, Psalms 23:1-2, Proverbs 3:5-6)

### 3. We grumble less when we ...

(Psalm 46:10, 1 Thessalonians 5:16-22, Exodus 16:31-36)

### 4. We grumble less when we ...

(Exodus 16:4,19-20, 26-27, Matthew 6:33-34, )

**God's power is not \_\_\_\_\_, never \_\_\_\_\_,  
and always \_\_\_\_\_.**

### 5. We grumble less when we ...

(Exodus 16:4, Romans 2:4)

## This Week's Discussion Guide:

**Welcome to "Week 6" of this season of our small groups at GPC!** Our small groups are where folks move from 'believers' to 'belongers'. May we receive lots of encouragement and support and deepening friendships in the weeks ahead as we meet together, pray together, and study God's Word together. Our groups meet for nine months throughout the year. These nine months are broken up in three seasons or quarters. We meet from September - November, take December off, meet again from January - March, and then from April - June. After we take July and August off, we start it all over again :). This quarter our groups will meet for 13 weeks wrapping up the week of April 9th (the week before our Easter Celebration).

### Getting Started:

We all are not beyond grumbling! Now that we have all agreed to that - what have you been tempted to grumble about (even a little bit) the past few weeks?

One of the points from last Sunday was, 'we grumble less when we get our rest'. What helps you get a good night sleep? What do you like to do right before you begin snoozing?

Last Sunday, we heard that God meets us in our doubts. Can you think of a time when God has helped you through a season of doubt or discouragement?

Last Sunday we also were encouraged to 'record our blessings' as a way to strengthen our faith. From having a roof over our heads, having enough food and the freedom to follow God, we all have many blessings in our life. As you think through your day or week, share some things you are thankful for in the following areas:

house, church, neighborhood, work, other ...

## **Digging Deeper:**

1. Looking back on your notes from Sunday, what insight or verse from the Bible encouraged you and/or stretched you that you would like to share with our group?

2. One of the biggest challenges we can face is to remain calm and not panic when facing a crisis. Often times, it is during this sort of challenge that we make an emotional decision or revert to old ways of dealing with stress (often negative). What guidance do the following verses give that could help someone who is tempted to make an emotionally charged decision?

James 1:5

Psalms 25:12-16

Psalms 34:17-20

Proverbs 11:14

Can you think of any emotional decision you have made where the above verses could have been helpful?

3. Throughout the Bible, we learn that we must go through trials to strengthen our faith. While it can be easy to acknowledge this truth, it doesn't make it any easier when we are staring a trial or desert in the face. One of the most comforting reminders is that in addition to God being there for us, we can also turn to other followers of Jesus in the midst of a trial. How do the following verses reinforce the importance of godly relationships when facing trials and hardship?

Ecclesiastes 4:9-12, Proverbs 27:17, Proverbs 22:24-25, Proverbs 12:26

As you read through the above verses, can you think of any friend, family member, GPC brother or sister, or co-worker that has helped you in these areas?

4. Read 1 Thessalonians 5:16-22 which is one of the passages Bob shared last Sunday. Rejoicing always is an encouragement to prayerfully keep our perspective when problems show up. Not last Sunday but the week before that, Bob read Psalm 100 as our services began. Psalm 100 is a great example of giving thanks to God for things we can easily take for granted. After you read through the Psalm, share some more things that we can be thankful and praise God for.

Which (if any) blessings in Psalm 100 do you more easily recognize?

Are there any that are harder to recognize?

## **WRAPPING UP ...**

Based on last Sunday's message and our discussion, is there any specific application that God might be prompting you to live out this week?

What prayer requests can we share so we can pray for each other before we close?