

Life Group Discussion Guide

FIRST CHRISTIAN CHURCH

I QUIT COMPLAINING

Numbers 11:4-6 & Romans 8:20-26

April 17, 2016



INTRODUCTION

It is human nature to complain, grumble and groan about our circumstances. Even the Israelites complained about the manna God provided for them daily while they were wandering in the wilderness. "But now we have lost our appetite; we never see anything but this manna!" Numbers 11:6 (NIV). We live in a world that is high pressure, fast paced and very complex. These things have contributed to negativity in our hearts and minds. C.S. Lewis wrote, "I have noticed that the most balanced minds praise the most, while the cranks and the misfits and the malcontents, they are the ones who are the least grateful." Because of Jesus and what He did for us by dying on the cross to save us from our sins, we have every reason to be grateful. Gratitude and grace should be our reactions to whatever we are dealing with in life, good or bad. The grace of God makes us complete and we should feel gratitude each and every day.

DISCUSSION STARTER

1. Why do you think people complain?
2. What are two things you complain about most often? Why?

EVALUATE IT

1. Pick a person to read each of the following passages. Groaning: Exodus 2:23-25 and Psalm 6:3-6. Grumbling: Exodus 15:22-25 and Deuteronomy 1:26-27. What differences do you notice between the two situations? How would you differentiate between groaning and grumbling?
2. Why do you think God doesn't want complaining? What is wrong with complaining?
3. Ask someone to read Numbers 11:4-15. What and who started the complaining? What was the impact on the Israelites? What was Moses' reaction to the situation and why?
4. Read Romans 8:20-26. Why does creation and humankind groan? What role does the Holy Spirit have in our groaning?

MAKE IT PERSONAL

1. What effect do other people's demands, complaints or negative attitudes have on you?
2. What about God? Do you take your complaints to God? If no, why not?
3. The best solution to reducing grumbling and complaining in your life is gratitude. What practical steps can you take this week to cultivate more gratitude?

ILLUSTRATION

"Everyone gets to decide how happy they want to be. Because everyone gets to decide how grateful they are willing to be." -Ann Voskamp

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena...who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."

-Theodore Roosevelt, speech "Citizenship in a Republic," delivered in Paris, April 23, 1910



Interested in joining or starting a Life Group?
Contact our Life Groups Minister.

Jason Fox
270-765-4994