

**LifeGroup Study Sheet***Nov 10th Living Grateful – Stop Complaining*

This guide is designed to help prepare you for your group discussion.

**Quick Review**

Look back from your sermon notes – What specifically caught your attention? Was there anything that confused you or challenged you?

**Introduction**

How has technology enhanced and discouraged complaining in our culture? (social media, texting, etc.)

**Digging IN****Read 1 Corinthians 10:1-10**

1. Paul starts in this passage by listing all of the blessings “their fathers” in the Old Testament experienced from God. Why do you think God wanted the people of Corinth to see all of these blessings? (**v.1-4**)
2. Paul then lists different ways the Israelites were examples for us today to not repeat as Christ-Followers. (v.7-10)
  - **Idolatry** (Exodus 32:1-6)      - **Sexual Immorality** (Numbers 25:1-9)
  - **Testing God** (Numbers 21:5)      - **Grumbling** (Numbers 11:1)

The first three of these examples are fairly obvious to us as to why they are examples that God wants us to learn from and not repeat. But the fourth one, grumbling, doesn't seem to fit the list.

Why does Paul include grumbling on this list?

3. There were 3 different things that God says happens when we choose to complain.
  - a. You are sinning against God himself (**Exodus 16:8**)

Read **Exodus 16:1-8**. Can you think of a time that you complained about a specific circumstance or situation to someone? Was that complaint simply to that person? What does God's Word show about who our complaints are actually against?

- b. You are discouraging to others (**Numbers 11:10-15**)

Read **Numbers 1-15**. Can you think of a time where you complained about something and it affected other people? What does this story show about complaining as it relates to how it affects those around you?

Read **Philippians 2:14-15**. Jeff touched on this topic – but how does your complaining affect those that do not know Jesus? What does this passage teach us about our grumbling when it comes to being a light in the world?

- c. You are failing God's test (**Exodus 15:26**)

Read **Exodus 15:22-26**. Have you ever seen God do something amazing in your life, then the next day forget and fail to trust God? In what ways have you received God's blessings but thanked Him by grumbling?

### Taking it Home

Pastor Jeff ended the sermon with a reminder of how practically guard our hearts against complaining:

1. **Cleanse Me God** – 1 John 1:9
2. **Change Me God** – Psalm 51:10
3. **Live Through Me God** – Galatians 2:20

Which of these do you need to apply to your life this week as it relates to complaining?

### Praise / Prayer Requests

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