

Freedom: Growing in Contentment
Exodus 16
5-24-20

Complain - Voice discontentment about God and His ways.

Content - Satisfied in God and His ways.

Deuteronomy 8:2 – "...the LORD your God led ...in the wilderness...to humble and test you...to know what was in your heart...if you would keep His commands."

Deuteronomy 8:3 – "He humbled you, causing you to hunger and then feeding you with manna..."

Proverbs 19:23 – "The fear of the LORD leads to life; then one rests content, untouched by trouble."

Philippians 4:11 – "I have learned in whatever situation...to be content..."

Philippians 2:14 – "Do everything without grumbling and arguing."

2 Corinthians 12:10 – "...Therefore I am well content with weaknesses, insults, distresses, persecutions...difficulties, for Christ's sake..."

I. Complaining Reveals we Distrust God and His Ways. (Exodus 16:1-2)

Exodus 14:30-31 – "The Lord saved Israel that day from the...Egyptians...Israel saw the Egyptians dead on the seashore...and they believed in the LORD..."

Exodus 15:24-25 – "...the people grumbled against Moses, saying, 'What shall we drink'... Moses threw (the wood) into the water, and the water became sweet..."

Exodus 15:27 – "They came to Elim, where there were twelve springs of water and seventy palm trees, and they encamped there by the water."

II. Complaining is Contagious. (Exodus 16:2)

III. Complaining is Fueled by Blaming Others for our Attitudes and Actions. (Exodus 16:2-3)

James 4:1-2 – "What causes quarrels and...fights among you...your passions at war inside you. You crave and do not have..."

IV. Enjoying God's Kindness Puts Complaining in its Place. (Exodus 16:4-12)

God's Demonstrated Kindness to Complainers:

1. I will satisfy you. (Exodus 16:8-12)
2. I will give you sabbath rest. (Exodus 16:25-26)

John 6:48 – "Jesus said, I am the bread of life."

Faith Sheet

Monthly Transformation Verse: John 8:36 - "If the Son sets you free, you will be free indeed."

Weekly Transformation Verse: Exodus 34:6 – "The LORD passed before him and proclaimed 'The LORD, the LORD, a God merciful and gracious, slow to anger, and abounding in the steadfast love and faithfulness...'"

Weekly Reading Plan: Exodus 16-17, Psalm 34, 1 Corinthians 6

Going Deeper This Week

1. In what ways has the Lord met you or provided for you this week?
2. How content are you and what tends to throw you off?
3. What is your first reaction to the grumbling of others?
4. How are you making sure you are satisfied in Christ and enjoying sabbath rest with Him during this season?
5. What are some characteristics that mark a content person empowered by God's Spirit? Lamentations 3:26, Philippians 2:14, 4:11-13, 2 Corinthians 8:6-10, 1 Thessalonians 5:16-18.
6. Read Deuteronomy 8:1-3. Why did God lead Israel into the wilderness? How does this relate to you today? What can you speak into others during this time?