

life group study guide

April 30, 2017

The Exodus

Surviving the Hard Times. - Week 2

DESCRIPTION:

Life is full of unwanted transitions. Illness. Unemployment. Foreclosure. Family Crisis. We can find ourselves in a place of uncertainty, where life is not as it once was and the future is in question.

Big Idea: Overcoming emotional meltdown is more about facing the right direction (God and given it to Him) than having the right answers.

Let's read **Numbers 11: 1-11** again- The set up here is that the people are grumbling over the food they have been eating. The free food, given daily from heaven. How much does that sound like some of God's people today? Grumbling over the 'free' gifts and blessings He has granted us...

However, Moses, appears to have become overwhelmed by the complaints and all that he has been through during the Exodus. So he goes to God and, depending on your point of view, asks God why this is happening to him, or he is whining. Up to the point in verse 15 where he basically says, "If this is how you are going to treat me, go ahead and kill me..."

I can't help but marvel at just how close the relationship must have been for Moses to make that comment.

Perhaps it was indeed an emotional meltdown- let's read another scripture verse referenced-

Psalms 69:1-2

Here David cries out for God to save him, even in verse three to the point of almost seeming to accuse God of not helping him.

Which take us to another part of our lesson today—Where I want to camp out-

Sometimes we wonder if honesty with God is acceptable. Can we really ask these questions of God?

Let's unpack that a bit, get some thoughts out of it--

Q) Is honesty, especially the level of honesty shown by David and Moses, acceptable to God?

Q) Is it to you?

Q) Are you able to be that open before God?

Q) If not, or if you struggle, why?

I remember once, many, many years ago asking a friend if it was OK to be angry with God. I think my question shocked him, but it made for some great conversations over the following month, and some great therapy as well. In the end, I couldn't say if it was ok to be angry with

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God, but I could say it was perfect medicine to take that anger to God. To lay it out before Him. And more importantly to anticipate an answer from Him.

If our God is bigger than what is happening to us, around us, He is certainly able to handle our emotional issues, good and bad. He is able to take our hurts and pains and plain talk about them.

Q) Do you feel we can question God- that we can say, why are you doing this to Him?

Q) Does that question make you uncomfortable?

Q) Do you feel God is challenged or offended by our questions?

In the information given for writing this week's lesson I loved this sentence: Throw your pain towards God.

Q) Are we doing that? – Yes we lift up prayer requests, and seek guidance and such but are we really, honestly throwing our pain towards God?

Think about that for a few moments. Don't answer rashly... I often times will ask God to prompt me, or reveal to me things He wants me to bring before Him. Sometimes those are things I rejoice to bring Him, some suffering I felt I was going through alone. Sometimes I regretted it a bit, some hidden sin or thought I had that I forgot, or kept to myself...

Either way, I do believe Scripture gives us an open door to bring it all before God. All of it. God is big enough to handle, it, loving enough to be forgiving of weak faith, and caring enough to offer comfort in all things. We may not always like the answer, or even see or understand the answer, but God answers every prayer. He is big enough to cast our cares on Him...

Q) So- are we? Are we throwing our pain towards God?

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