



Journey Church
Grumbling in the Desert | Numbers 11
September 27, 2026

The Secret Sauce: Living a Life of Gratitude

1 Thessalonians 5:16-18; Psalm 100:4-5

- Gratitude shapes our perspective.

Lamenting looks at God through the pain. Complaining looks at the pain and blames God.

Psalm 77:1-12; Philippians 2:14-15

- Complaining distrusts that God has my good in mind.

Romans 8:28; Jeremiah 29:11

Gratitude is the ability to experience life as a gift.

James 1:17; Luke 12:16-21

The illusion of gratitude: We will experience it more when we get more of what we want.

Luke 12:15; Ecclesiastes 5:10-11

Gratitude causes us to look up.

Colossians 3:2; 2 Corinthians 4:18

Discontentment results from craving anything more than God.

Numbers 11:6; Deuteronomy 8:4; John 6:35

Small Group Questions:

1. When you think about the difference between complaining and lamenting, what stands out to you? Why do you think God welcomes lament but warns us about complaining?
2. Numbers 11 shows Israel complaining about what they didn't have, even though God had already provided manna for them. Why is it so easy for us to focus on what is missing rather than recognize what God has already provided?
3. When considering gratitude as “the ability to experience life as a gift,” what are some ordinary things in your life that you might be overlooking because they have become familiar?

Be Intentional:

If gratitude is ultimately about recognizing that God himself is enough, what is one area of your life where God may be inviting you to trust him more and want less?

Pray:

Spend time praying together. What are some ways in which you can pray for each other? Take some time in the coming week to explore ways in which you can encourage one another. Remember to share with your group what you are learning about those opportunities and reflect on God’s Word as you pray for each other.