



## Key Scripture

### Numbers 11:4-11 NIV

*4 The rabble with them began to crave other food, and again the Israelites started wailing and said, "If only we had meat to eat!*

*5 We remember the fish we ate in Egypt at no cost—also the cucumbers, melons, leeks, onions and garlic.*

*6 But now we have lost our appetite; we never see anything but this manna!"*

*7 The manna was like coriander seed and looked like resin.*

*8 The people went around gathering it, and then ground it in a hand mill or crushed it in a mortar. They cooked it in a pot or made it into loaves. And it tasted like something made with olive oil.*

*9 When the dew settled on the camp at night, the manna also came down.*

*10 Moses heard the people of every family wailing at the entrance to their tents. The Lord became exceedingly angry, and Moses was troubled.*

*11 He asked the Lord, "Why have you brought this trouble on your servant? What have I done to displease you that you put the burden of all these people on me?"*

## IS THIS IT?

### Opening.

1. What is your favorite comfort food?
2. Have you ever been so sick and tired of a certain food? Share something about it.

Every parent must have heard the question, "Are we there yet?" In this series, we will look at some parts of the journey of Israel from slavery to the Promised Land, particularly their complaining and what that led to. The journey of the Israelites from the Egypt to the Promised Land is a reflection of our journey called sanctification. Sometimes in our journey, we sometimes forget where God saved us from so we end up complaining and disobeying. When we forget where God freed us from and where God is taking us, we end up feeling unfulfilled and less excited about the life God has given us and the process of growth becomes a routine. We can learn a lot from the journey of the Israelites, on how to live our best life yet in our journey.

### Think Through.

- Share a part of the sermon that made the greatest impact on you.
- Read the Scripture: *NUMBERS 11:4-11*.

### Share your insight.

- What is happening to the Israelite at this point? What were they complaining about?
- What do they miss about Egypt the most? Is there a deeper meaning to how they feel?
- What did God provide for the Israelites to sustain them? Why were the Israelites complaining about God's provision?

### Apply it.

1. Can you name reasons why people lose joy and a sense of fulfillment in their walk with God?
2. In the Scriptures (Number 11), the dissatisfaction came from outsiders living with them. Our sense of dissatisfaction can come from things in our life that shouldn't be there in the first place. Can you identify the "outsiders" in your life that overcrowd your joy? What did God tell Moses to do with the "outsiders"? What will you do with the outsiders in your own life?
3. Read Isaiah 58:11 and John 4:14. Pastor said, "Some cravings aren't bad, but we must but be careful where you go to get them." How can you find satisfaction in God in this season of your journey?