

# Glove 11

## RESTRAINING MY MOUTH RETRAINING MY HEART

Focused Living Ministries

### Exodus 15-17

There was a street vendor who sold pretzels for a dollar. Every day for a year a certain jogger ran past throwing a dollar into the tip jar with-out taking a pretzel as it was his desire to simply bless someone during financially hard times. One day the vendor stopped him. The jogger said, "You probably want to know why I daily put money in your jar but never take a pretzel." The vendor replied,



"No, I just wanna to inform you that my pretzels are now two bucks!" Every day the Lord jogs through our lives blessing us with His love, mercy, forgiveness, goodness, sovereign grace and never 'takes a pretzel'. All too often, instead of responding to His provision with gratitude, we demand even more! As the Father jogs through your life this week, how will you respond with gratitude rather than grumbling?

**(Exodus 14:30-15:18)** What was Israel's initial response after God graciously saved His people from 430 years of bondage in Egypt (Ex 12:41) as well as from their sins (Exodus 12:3-5; John 1:29; Isaiah 53:7; I Peter 1:19)? What phrase of their first CD song (Ex 15:1-18) will you offer to the Lord with gratitude? Why?



**(Exodus 15:22-27; 16:1-12; 17:1-7)** What happened to the people's mouths and hearts after the song died out? Why? What was the real core of their complaints? (Hint: wasn't lack of food or water!) What happens when the 'glove' forgets to trust the 'Hand' by going to God **FIRST** instead of last? What is the core of your complaints? Give an example from your life. What heartfelt grumbings or complaints do you need to confess from this past week? Parker: How do you get through your day?

**Richie Parker** What did you see in Richie and his parents that you want for your life? [http://www.liveleak.com/view?i=bda\\_1374477941](http://www.liveleak.com/view?i=bda_1374477941) How do you respond to the following? "I have always thought it would be a blessing if each man could be blind and deaf for a few days during his early adult life. Darkness would make him appreciate sight; silence would teach him the joys of sound." Helen Keller (deaf/blind at birth)

**AS A TAG TEAM** What challenges, insights or principles from these passages will help you to **RETRAIN** your heart with His grace so that you can **RESTRAIN** your mouth?

**Philippians 2:12-18**

**Philippians 4:11-13**

**Colossians 3:12-13**

**Ephesians 4:29-32**

**James 4:1-10; 5:9**

**(Exodus 15:25; 16:4; 17:2; 20:20; Numbers 14:22; Deuteronomy 8:2, 16)** What was the Lord really doing by leading His people through wilderness times? (Hint= Deut 8:2) Where is the Lord testing you at present and what is He trying to teach you about His character? Are you listening...learning? What was God really testing in each of these episodes of complaining?

**(Exodus 16:13-29)** God always supplies what we **NEED** and seldom what we **WANT** (vs 18). What is the connection between contentment and grumbling/complaining?

**TAG TEAMS** The core of a complaining or grumbling man is a hard, unbelieving heart that will believe God's sovereign grace! All grumbling is a direct affront to the character of God. Where do you need to retrain (repent) your heart in order to restrain your mouth? Is there anyone to whom you need to ask forgiveness? When?

