

STUCK

The Book of Numbers

#mc3stuck



Discussion
Gu'de

“STUCK BETWEEN
A ROCK AND HARD PLACE”

02/09/25

WHEN YOU'RE STUCK WITH FRUSTRATION
You Should Avoid Reaction

The Repeats (required)

They are the same, but WE change, so please discuss these with your group

- [Share the announcements (on FB thread) with your group]
- We're going to open by sharing God Moments about what He is doing in our lives, but save our prayer requests for the END of Pr'me. Go around and share your God Moments: how have you seen God working, either in your life or in the life of another over the past week? [Leaders: plan for a way to collect prayer requests at the end, then share them with your Pr'me]
- Last week, the point was "When You're Stuck with Consequences, You Should Submit for Growth." Going forward – how does this help us accept the hurt that results from our poor choices?

The Reminder (required)

Read this section briefly to review the Point for everyone

- This Week's Point:
When You're Stuck with Frustration, You Should Avoid Reaction
- This Week's Object Lesson:
chemical reaction (elephant toothpaste)
- This Week's Bible Passage & Focus Verse: **Numbers 20:1-29**
But the Lord said to Moses and Aaron, "Because you did not trust in me enough to honor me as holy in the sight of the Israelites, you will not bring this community into the land I give them." (Numbers 20:12, NIV)

The Reflection (required)

Discuss these to go deeper, and more personal, into applying the Point

- What makes you angry or frustrated?
- As a group, summarize this week's passage by acting it out. Here's the rules – choose a narrator, a Moses, an Aaron and the rest are Israelites. No Bibles. Work together!
- Why was Moses' punishment so severe? (hint: **Numbers 20:10-12**)
- In the Point, Sean discussed **three ways to avoid reaction**:
- First, **A Commitment: deal with anger today**. Read **Ephesians 4:26-27**. What's the danger in letting your anger/frustration fester? Think about a time when you let your anger/frustration fester towards someone. Briefly share the situation and discuss how the outcome would have been different if you had immediately addressed the issue.
- Second – **An Accomplishment: listen first, talk less, anger not**. Read **James 1:19**. What's the danger of not fully listening or in speaking too soon? When were you able to diffuse a situation by listening rather than speaking? Or on the flip-side, when could you have diffused a situation if you would have listened...but didn't.
- Third – **A Mindset: God's holiness is more important than your "rightness"**. As Christ followers, our goal should be to become more like Jesus. Read **James 1:19-20**. How can our desire to be right affect the way others view God? Are you more interested in being right than reflecting God's holiness? Is it ever okay to "fight to be right?" In light of this verse, how will you change the way you communicate?
- **HOMEWORK! Read James 1:19-20 throughout the week**. Come prepared next time to share how this verse affected your life this week.
- Consider praying this in unison: *God, help us to address our frustrations early so we don't let our anger fester. Give us the strength and restraint we need to listen first and speak less. Help us to desire your holiness more than our rightness. In Jesus' name, Amen.*

Green Questions: Have a few people answer these, then **GO!** to the next question

Red Questions: **STOP!** on these and **take time** to have many people discuss