

The Four Priorities Chapter 11

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Facilitator Guide by Reclamation Church

Chapter 11: Emotional Assets – Gripe or Gratitude

Note: The timelines below are only a guide, as well as the questions to ask. Make this your own and go where the Holy Spirit leads you. Take your time and, when needed, break this chapter into several meetings.

**Open
(10 min.)**

Spend a few minutes each week catching up with one another, then share prayer requests.

Do: Open in prayer.

**Recap
(5 min.)**

Briefly give a summary of your meeting last week.

- We talked about the necessity to guard our minds and have them transformed by the truth of God’s Word.
- There is the truth, and that is different from this world’s view.
- There are “Seven Cognitive Distortions” as written by a Christian author, which can warp our mental function.
- There are positive strategies to help us win this mental battle, including putting our thoughts and beliefs in alignment with what God says is true.

Ask: What did you think about differently this past week regarding these topics? Have you made any plans to take captive negative and destructive thinking? *(Consider sharing some of your own thoughts.)*

**What’s it like
living with you?
(15 min)**

Ask:

- Describe a situation in your life where someone’s negative attitude changed the atmosphere in the room. *(share)*
 - How have you seen negativity become contagious? *(share)*
 - How did you answer the opening question, “What is it like to live with me every day?” *(share; consider asking family members or friends for their feedback to help give you more insight.)*
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**Possible
Reasons, pgs.
112-113
(5 min)**

Say: In this short chapter, we read about possible reasons for griping.

- Spoilage
- Negative friends
- Making comparisons
- Can you think of other potential reasons for having an attitude of griping? (unfairly treated, ungrateful, not trusting God)

**Grumbling and
God, pgs. 113-
115
(30 min-1hr.)**

Say: The author cited the Israelites' wandering in the desert as the perfect example in scripture of people who griped. Let's read some passages and discuss a little more about their attitude, whether it was justified, and how God handled it.

Read the following verses and discuss what you find.

- Exodus 14:5-31 (God set the Israelite slaves free from the tyrannical rule of Pharaoh, miraculously parted the Red Sea, miraculously made the ground dry for them to cross, then drowned the enemy in the sea.)
- Exodus 15:22-26 (After 3 days of not having water, nor seeking the Lord for water, they grumbled. The Lord was testing their faithfulness. In His merciful provision, he gave them water that was not bitter.)
- Exodus 16:1-4 (Again, they complain about not having food like when in slavery; God provides for their needs w/manna and again tests them to see if they will obey.)
- Numbers 13:25-14:9 (God had them explore the promised land, and it was everything He promised. But they feared the giants in the land and did not trust God's power to fight on their behalf. Their grumbling was contagious and caused the whole community to rebel.) – In verses 11-45, the Lord doles out discipline and causes them to wander 40 years in the desert.

**Grumbling,
continued**

- Numbers 21:4-9

Ask:

- How did the people rebel?
- Was it justified?
- Had they asked God for their provision?
- How did God show mercy in His discipline?
- How did God provide a solution?

Ask:

- How often do we behave like the Israelites?
- Do we go to Him for what we *need* (not what we want)?
- What is your response to Him?

Do: Read the following passages and discover what believers are called to do instead of griping.

- Philippians 4:10-13 (contentment)
- 1 Timothy 6:6-10 (contentment)

**Take Action
(30 min.)**

Read through and discuss the questions at the end of the chapter.

Next week, we'll continue to discuss our heart attitude. Do we tend to become bitter towards others, or forgive them?

**Close
(5 min.)**

Homework: Read Chapter 12 (and referenced scriptures in the Bible) and come prepared with questions you might have from this chapter, as well as completing the end-of-chapter questions.

Close in prayer.