

settled



## Settled When You Can't Go

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# Message Notes

When frustration wins, no one is settled—ATTITUDE matters.

When disobedience wins, no one is settled—OBEDIENCE matters.

When trust wins, everyone is settled—TRUST matters.

"They drank from the spiritual rock that accompanied them, and that rock was Christ." 1 Corinthians 10:4b

### SCRIPTURE

Deuteronomy 3:23-39; John 7:35-39; Deuteronomy 34; Numbers 20:1-12; 1 Corinthians 10:1-5

# Discussion Guide

## ENGAGE

1. Share about a time when frustration pushed you beyond your ability to practice self-control.
2. When you consider your frustrations, what can you observe about the circumstances that are particularly frustrating.
3. Read Numbers 20:6-12. What were the instructions God gave to Moses and Aaron? (v.8) How did Moses and Aaron follow those instructions? (v.8-11) What were the differences?
4. What was the consequence for a lack of trust? For the Israelites? For Moses and Aaron?
5. What practices help you to adjust your attitude in times of frustration and keep your trust where it belongs . . . in God?

## APPLY

Prayer Movement: Take a moment and review the card below. Allow that theme and scripture to guide you as you pray incorporating movement like walking, running, biking, knitting, crafting, woodworking, or organizing as you pray. And, as you listen in prayer, journal anything that you hear.

## PRAY

## Thank You God...

PSALM 116:1-2

*I love the Lord, for he heard my voice;  
he heard my cry for mercy.*