



GRUMBLING

&

*GRATITUDE*

# PRAYING

# FOR

# OTHERS

- Pray silently for the prayer request printed in your worship guide.
- Our Interns
- Our mens small group led by Darell McCall & John Grillo
- Our North Katy Campus
- Neighboring church service this morning at The Vineyard Church
- Our mission teams serving in Ethiopia and Honduras
- The Ban\*jar of Indonesia
- Conflicts in the Middle East, Africa, and Eastern Europe

*We ask all this for the glory of Your name.*

*"For My House Shall Be Called A House Of Prayer For All Nations." Isaiah 56:7*

**Need Prayer?** You're invited to experience God's presence through a variety of prayer gatherings hosted in the Prayer Center:

- **Prophetic Prayer** – No prophetic prayer in July.
- **Healing Prayer** – 4<sup>th</sup> Sundays, 10:45AM-12:30PM.

**FOTA (Fire on the Altar) - 12 Hr Burn:** The Community Prayer Center is hosting a community wide 12 hour FOTA Burn, 12 hours of non-stop worship & prayer starting at 8am on August 2nd! More info at [CommunityPrayerCenter.com](http://CommunityPrayerCenter.com).

**Scan the QR code for the full schedule of prayer opportunities.**



# ***Grumbling and Gratitude***

**Daniel Lumpee – Exodus 14-16**

**June 29, 2025**

## **We miss the forest for the trees when we allow minor inconveniences to make us grumble**

- You sprain your ankle.
- Your kids interrupt you and won't settle down.
- Your favorite team loses.
- Your medium rare steak comes out well done.

## **We're all in some kind of \_\_\_\_\_.**

- The story of Exodus is the story of us. We have been rescued from slavery to sin and death through Jesus Christ. We are awaiting the Promised Land of heaven or when Jesus returns.
- Maybe you're in between jobs, praying for a child, praying for a child to come back home, waiting for more positive health outcomes.
- "Our journey in the wilderness is not a wandering or a waiting time, unproductive except as a way to pass the time. The wilderness is a place of dependence, learning, struggle, blessing, and purification."  
Paul S. Williams, *Exiles on Mission*.
- The Israelites were enslaved in Egypt for over 400 years. They cry out to God from their pain, God hears their prayer, and sends Moses to rescue them. Pharaoh lets them go, and they begin their journey to the Promised Land via the wilderness.

## **Exodus 14:10-12: Grumbling about being rescued.**

- Immediately after being rescued from slavery, the Israelites begin to grumble about being rescued from slavery (this is not a typo!).
- How many of your complaints today are the answered \_\_\_\_\_ of yesterday?

## **Exodus 15:22-24: Grumbling about water**

- The Israelites were thirsty, and that makes sense. They've been walking, running away from the Egyptians. This time, God has provided water, but it's bitter.
- How many of our complaints are because God has provided, but His provision isn't \_\_\_\_\_?

## Exodus 16:1-3: Grumbling about food

- Now, the Israelites are starving. They grumble against Moses and Aaron, wishing that they had died in Egypt because there, they had pots of meat.
- But they didn't have pots of meat. Grumbling is rooted in \_\_\_\_\_.
- Christians should be the most joyful, grateful, optimistic people on the planet. This is part of our witness to an unbelieving world.
- At the same time, there is a place for real, deep, Biblical lament. It's holy and right to cry out to God in the midst of your legitimate suffering. But for many of us, our complaints do not rise to the level of lament.

## The Good News: Even when we grumble, God provides and shows \_\_\_\_\_.

- Exodus 14:13-16: When we grumble, God fights for us.
- Exodus 15:25: When we grumble, God works miracles.
- Exodus 16:4: When we grumble, God provides everything we need, not everything we want.

## Our response: Fight grumbling with \_\_\_\_\_.

- 1 Thessalonians 5: 16 Rejoice always, 17 pray without ceasing, 18 give thanks in all circumstances; for this is the will of God in Christ Jesus for you.
- The antidote to grumbling is gratitude.
- Science is finally catching up to the Bible here. When you show gratitude, your hypothalamus loves when you show gratitude. One study found that regular acts of gratitude can flood the brain with dopamine. Gratitude improves heart health, strengthens your immune system, reduces depression and anxiety, improves sleep.
- Instead of grumbling, thank God for what you have.
- **My Application:** This week, when you are tempted to complain about something, list three things you are grateful for.

# RECOVERY *with* GRACE

**for MEN**

**Are you struggling with addictions or bad habits?**

Through sharing with others and biblical teaching, discover hope, find freedom, and experience victory in your circumstances.

Join a Biblically-based small group for men recovering from destructive habits or co-dependency. This group offers peer support to maintain a life free of addictive behavior.

**Weekly on Wednesdays, 7-9PM**

For location & details, contact Barry Morton: (281) 646-1903 or [BMorton@WhatsGrace.org](mailto:BMorton@WhatsGrace.org)

## NEW APP

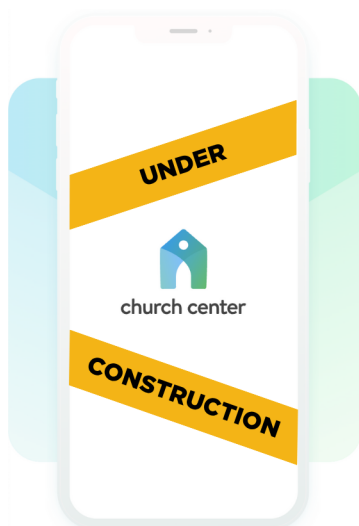
*launching in July!*

### FEATURES INCLUDE:

- Sermon Notes
- Event Calendar & Sign-ups
- Community Connections
- Family Check-Ins
- Easy Giving
- *And more!*



*Download the app  
and try it out today!*



# FAMILY SERVICE

## NEXT SUNDAY



There will be no Kids, Junior High or Special Needs Ministry – let's worship together in big church!

# IT MATTERS



July Sermon Series

In a world full of distractions, Jesus calls us back to what truly matters: loving God with every part of who we are. In the month of July, we'll journey through a four-week sermon series that explores how to fully engage our heart, soul, mind, and strength to Him. Through Scripture and honest reflection, we'll discover how each part of our being can align with God's greatest commandment.

## Ways to GIVE

1. **WEBSITE**– Visit [WhatIsGrace.org/Giving](https://WhatIsGrace.org/Giving).
2. **OUR NEW APP**– In the Church Center App, login with your phone number, and click "Give". It's super easy. Choose ACH to avoid fees.
3. **STOCKS OR OTHER ASSETS** – Please email us at [Finance@WhatIsGrace.org](mailto:Finance@WhatIsGrace.org) for stock transfers, non-cash donations, or estate planning.



# HAPPY 4TH

Our offices will be closed for the Holiday starting Thursday, July 3rd at 1PM