

Women's Bible Study  
*The Heart's Cry of Exasperation - Numbers 11:10-15*  
Questions for **March 17, 2010**, by Gretchen Steer

Discussion Questions

1. Think of a time when you were at your wits' end with exasperation. What was the cause, and what was the solution?
  
2. Moses was entrusted with leadership of the people of Israel, and leadership can be a very trying experience. What can we do to make the task of leaders easier? What are some constructive ways to disagree with someone in leadership (whether that role is political, or in the workplace, or in the church)? What can we do for leaders to encourage them?
  
3. Moses felt as though he was carrying the burden of all the people alone (Numbers 11:14) and it was causing him to resent God. How could Moses have avoided getting to that place of complete exasperation with his spiritual task? What should he have done once he reached that level of exasperation? Give some practical ways that we can use those principles to avoid terminal exasperation in our own lives.

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### Intensive Study Questions

**Key verse: "...do not let me face my own ruin." (Numbers 11:15b)**

*In preparation, read the background passage (Numbers 11:4-34).  
Make sure that your answers include specific biblical principles.*

1. Moses reached a point of desperation when the large group of people he was shepherding through extremely difficult conditions became rebellious. Their whining and criticism caused him to say that he would rather be dead than live with them the way they were. Have you ever reached such a point in your life? Look at 1 Cor. 10:13. What are some avenues of escape that God gives us? What happens if we don't take the avenue of escape?
2. This passage has to do with contentment. Find two passages on contentment from the N.T. How could these have been used in Moses' situation? How can the Bible's advice on contentment be applied to your specific situation of frustration?
3. The Israelites, when unhappy, criticized their leader. Using biblical principles, what can we do to make the task of leaders easier? What are some constructive ways to disagree with someone in leadership (whether that role is political, or in the workplace, or in the church)? What can we do for leaders to encourage them? What is the consequence of not following leaders whom God has placed in authority? [HINT: for some passages on leadership, see Hebrews 13:17; 1 Tim. 5:17-19; Rom. 13:1-5; Titus 3:1-2]
4. Jesus criticized the Pharisees quite sharply on occasion. Look at Matthew 23, for example. Does Jesus' example mean that we should feel as free to criticize our spiritual leaders this bluntly? Why or why not? What is different about Jesus' situation and ours?
5. The Israelites were ultimately grumbling against God's provision. Think of some principles from the Lord's Prayer (Matthew 6:9-13) that the Israelites could have relied upon. For example, if they had lived as though God's name was holy (Hallowed be your name, Matt. 6:9) they would not have spoken of the Lord so faithlessly. Name at least 3 ways that the principles of the Lord's Prayer could have helped the Israelites before they reached their point of discontent.
6. Now think of one specific issue in your life where you are struggling with exasperation or with the desire to criticize someone else. How will you handle it differently this week, and what biblical principle are you using to make that change?