



Your
story
matters.

JAN 18, 2026

Message Notes

SG

Your group matters.

DISCUSSION GUIDE

- Icebreaker -

If you could look into the future and see how something turned out, what would that be?

Read Exodus 14:1-30

1. Identify the cause for the Israelites' fear as they left Egypt (**Exodus 14:10**). Why do you think they had trouble trusting God to fulfill His purpose and to keep them safe at the same time?
2. Read **Isaiah 55:8-9**. Think about a time when following God was challenging because His ways seemed illogical to you. Is it always easy to believe that your good is a priority in God's plan, and in what ways have your reactions been similar to the Israelites?
3. How has the experience of following God through challenging situations strengthened or weakened your trust in Him?
4. Pastor Tom said that panic produces 4 responses and God deals with each (**Exodus 14:13-15**). Which of God's commands do you find most challenging, instructive, or encouraging when you are experiencing moments of panic?
5. What things are causing you fear or even panic right now? Share these with the group and spend some time praying for one another, asking God to remove your fears and give you the strength and courage to move forward when He commands. (Perhaps your next move is to place your total trust in God by saying, 'YES!' to Him. Now is your opportunity to do so.)

PERSONAL GUIDE

This Personal Guide has been adapted from Professor Grant Horner's Bible Reading System.

Day One: Luke 16; Psalm 149

Day Two: Numbers 32; Proverbs 25

Day Three: Hebrews 6; 2 Kings 23

Day Four: Titus 1; Ezekiel 26

Day Five: Job 25; Acts 9



Milestones - Part 2 "Everyone's a Critic" (Part 1)

Tom Lundeen | Jan 18, 2026

Note **Mark 9:2-4**

It is much easier to be critical than to be _____.

(Benjamin Disraeli)

Old saying: *Everyone's a _____.*

For every action, there is an equal and _____ criticism.

(Harrison's Postulate)

A critic is someone who points out how _____ other people do what the critic does not do at all.

Note **Exodus 5:21; 14:11-12, 31; 15:24; 16:1-3**

If we're going to live on _____, criticism will come our way at times.

What did Moses' experience in Exodus 15-17 tell us about _____ critics/criticism?

1. _____ Will Always Find Something/Someone to Criticize

Note **Exodus 15:22-25; 17:1-2; 16:1-3**

It takes no _____/ability in a broken world filled with people (including us) that have spiritually defective DNA to be a critic!

Critical people tend to focus on perceived problems of the present, while ignoring God's faithfulness in the past, and _____ His promises for the future (note **Exodus 16:3**).

...the criticisms Moses experienced in Exodus 15-17 and the kind of criticism we're unpacking today are not constructive, but _____ criticism.

What's at the _____ of negative critics and criticisms?

A. A _____ shortage - note **Exodus 16:3; 17:3** - Pain, problems, disappointment, delay, and frustration can cause us and others to lose a sense of gratitude and develop a _____. *Growling stomachs soon produced grumbling _____.* (Hamby) When faced with struggles/difficulties we can't _____ or solve, it's easy to turn to despair/criticism. A critical spirit finds a _____ in a heart/mind that thinks only pleasure and prosperity, not pain and adversity, should ever be experienced. The spiritual discipline of gratitude is emphasized as important for followers of Jesus, in part, to _____ us from the unhealthy path of negative criticism (note **Ephesians 5:20; 1 Thessalonians 5:18**).

B. An "___" problem (note **Exodus 16:3a; 1:11a, 13-14; 3:7-8a**) - a critical spirit causes us to see things in a _____ way. A critical attitude distorts everything we see, and if things aren't the way we like/want them, criticism, complaining, and grumbling _____ flows from us.

MILESTONES MATTER:

- A grateful heart and a right perspective (God's truth) will keep us from falling into the _____ of a critical spirit.

Tell us about the next step you took today in your spiritual journey!

App: Message Notes/Connect Card **Or: MYRC.LINK/CONNECT**



Milestones - Part 2

“Everyone’s a Critic” (Part 1)

Tom Lundeen | Jan 18, 2026

Note **Mark 9:2-4**

It is much easier to be critical than to be correct. (Benjamin Disraeli)

Old saying: *Everyone’s a critic.*

For every action, there is an equal and opposite criticism. (Harrison's Postulate)

A critic is someone who points out how imperfectly other people do what the critic does not do at all.

Note **Exodus 5:21; 14:11-12, 31; 15:24; 16:1-3**

If we're going to live on purpose, criticism will come our way at times.

What did Moses' experience in Exodus 15-17 tell us about navigating critics/criticism?

1. Critics Will Always Find Something/Someone to Criticize

Note **Exodus 15:22-25; 17:1-2; 16:1-3**

It takes no skill/ability in a broken world filled with people (including us) that have spiritually defective DNA to be a critic!

Critical people tend to focus on perceived problems of the present, while ignoring God's faithfulness in the past, and diminishing His promises for the future (note **Exodus 16:3**).

...the criticisms Moses experienced in Exodus 15-17 and the kind of criticism we're unpacking today are not constructive, but destructive criticism.

What's at the core of negative critics and criticisms?

A. A gratitude shortage - note **Exodus 16:3; 17:3** - Pain, problems, disappointment, delay, and frustration can cause us and others to lose a sense of gratitude and develop a cynical attitude. *Growling stomachs soon produced grumbling lips.* (Hamby) When faced with struggles/difficulties we can't control or solve, it's easy to turn to despair/criticism. A critical spirit finds a home in a heart/mind that thinks only pleasure and prosperity, not pain and adversity, should ever be experienced. The spiritual discipline of gratitude is emphasized as important for followers of Jesus, in part, to divert us from the unhealthy path of negative criticism (note **Ephesians 5:20; 1 Thessalonians 5:18**).

B. An "I" problem (note **Exodus 16:3a; 1:11a, 13-14; 3:7-8a**) - a critical spirit causes us to see things in a distorted way. A critical attitude distorts everything we see, and if things aren't the way we like/want them, criticism, complaining, and grumbling naturally flows from us.

MILESTONES MATTER:

- A grateful heart and a right perspective (God's truth) will keep us from falling into the abyss of a critical spirit.

Tell us about the next step you took today in your spiritual journey!

App: Message Notes/Connect Card **Or:** MYRC.LINK/CONNECT