



Your group matters.

DISCUSSION GUIDE

- Icebreaker -

What word or saying from the past
do you think should come back?

Read Exodus 16

1. “A gratitude shortage” or “an ‘I’ problem” is at the core of negative critics. How have you witnessed this in people when they are critical and in yourself when you are critical of others?
2. “Blame game is a game without a winner.” If this is true, what do we and others lose? How can we exit the blame game if we’ve already started?
3. For 40 years the Israelites received incredible grace from God in the form of manna. What does God’s *manna moment* look like in your own life – has it moved you into deeper appreciation and trust of God or have you become dissatisfied and critical of Him? (See **Exodus 16:10-20**; **Numbers 11:4-6**)
4. “More often than we may realize, either our negative critics or our own destructive criticism (aimed at others or God) is really a boomerang. It’s not the critic who is providing the test for the criticized, it is the critic being tested by God, and the test is always focused on the heart of faith.” When we are tempted to be critical, how can remembering this truth shift our attitude and help us give grace toward those we would rather blame or be critical of?
5. What daily practices help us refresh our minds and spirits so that we resist becoming critical of God and others and respond to negative criticism with grace?

PERSONAL GUIDE

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

Day One: Luke 18; Psalm 1

Day Two: Numbers 34; Proverbs 27

Day Three: Hebrews 8; 2 Kings 25

Day Four: Titus 3; Ezekiel 28

Day Five: Job 27; Acts 11



Your
story
matters.

JAN 25, 2026

Message Notes



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

Tom Lundeen | Jan 25, 2026

Note **Matthew 17:1-3**

Part 1:

1. Critics Will Always Find Something/Someone to Criticize

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

- A. A gratitude shortage
- B. An "I" problem

Living on purpose means there will be times in life where we'll experience destructive criticism and have to deal with negative critics.

2. Critics Play the _____ Game

Exodus 16:3; 17:3

For negative critics, it always has to be someone else's _____, someone to blame. What Moses understood, and the people of Israel missed, was this _____ of criticism wasn't ultimately venting frustration on a person but was a criticism of God Himself (note **Exodus 16:6-8**).

Blame game is a game without a _____.

3. Critics Are Never _____

_____ = God gives us what we need, not deserve (note **Exodus 16:4a, 10-18**).

Note **Psalms 78:23-25** = original _____ food cake.

One of the most remarkable stories to me in the whole Bible is when God provides manna from heaven for the Israelites. Historians tell us that there were approximately 2,400,00 Israelites who left Egypt and went into the desert. God provided a _____ gallon of manna for each of them every day. That equals 1,200,000 gallons a day. Every day. For 40 years. That is an astounding _____ billion gallons of manna. That's a lot of manna. (Ron Blue Institute)

Note **Exodus 16:31, 35**

But even this is not enough to produce gratitude/contentment among those _____ to a critical spirit.

Note **Exodus 16:19-20**

A critical spirit always results in _____ of dissatisfaction.

Note **Numbers 11:4-6**

4. Critics Are the Ones Being _____

Note **Exodus 16:3, 4; 17:2a**

God's daily gift of manna was not God's hand being forced to act to quiet Israel's complaints.

It was not a test forced on God by critics.

God's _____ gift of heavenly bread was intended by God to be a test of the critics (note **Exodus 16:5, 20, 27-29**).

Will they _____ My instructions?

More often than we may realize, either our negative critics or our own destructive criticism (aimed at others or God) is really a _____.

It's not the critic who is _____ the test for the criticized, it is the critic being tested by God...

...and the test is always focused on the _____ of faith = obedience.

MILESTONES MATTER:

- Will we _____ the Lord?

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 2)

Tom Lundeen | Jan 25, 2026

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- A. A gratitude shortage
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2. Critics Play the Blame Game

Exodus 16:3; 17:3

For negative critics, it always has to be someone else's fault, someone to blame. What Moses understood, and the people of Israel missed, was this barrage of criticism wasn't ultimately venting frustration on a person but was a criticism of God Himself (note **Exodus 16:6-8**).

Blame game is a game without a winner.

3. Critics Are Never Satisfied

Grace = God gives us what we need, not deserve (note **Exodus 16:4a, 10-18**).

Note **Psalms 78:23-25** = original angel food cake.

One of the most remarkable stories to me in the whole Bible is when God provides manna from heaven for the Israelites. Historians tell us that there were approximately 2,400,000 Israelites who left Egypt and went into the desert. God provided a ½ gallon of manna for each of them every day. That equals 1,200,000 gallons a day. Every day. For 40 years. That is an astounding 17.5 billion gallons of manna. That's a lot of manna. (Ron Blue Institute)

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But even this is not enough to produce gratitude/contentment among those captive to a critical spirit.

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God's daily gift of manna was not God's hand being forced to act to quiet Israel's complaints.

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God's daily gift of *heavenly bread* was intended by God to be a test of the critics (note **Exodus 16:5, 20, 27-29**).

Will they follow My instructions?

More often than we may realize, either our negative critics or our own destructive criticism (aimed at others or God) is really a boomerang.

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