



Numbers 11:4-6, 10-20

The rabble with them began to crave other food, and again the Israelites started wailing and said, *“If only we had meat to eat! We remember the fish we ate in Egypt at no cost—also the cucumbers, melons, leeks, onions and garlic. But now we have lost our appetite; we never see anything but this manna!”*

Moses heard the people of every family wailing, each at the entrance to his tent. The LORD became exceedingly angry, and Moses was troubled. He asked the LORD, “Why have you brought this trouble on your servant? What have I done to displease you that you put the burden of all these people on me? Did I conceive all these people? Did I give them birth? Why do you tell me to carry them in my arms, as a nurse carries an infant, to the land you promised on oath to their forefathers? Where can I get meat for all these people? They keep wailing to me, ‘Give us meat to eat!’ I cannot carry all these people by myself; the burden is too heavy for me. If this is how you are going to treat me, put me to death right now—if I have found favor in your eyes—and do not let me face my own ruin.”

The LORD said to Moses: “Bring me seventy of Israel’s elders who are known to you as leaders and officials among the people. Have them come to the Tent of Meeting that they may stand there with you. I will come down and speak with you there, and I will take of the Spirit that is on you and put the Spirit on them. They will help you carry the burden of the people so that you will not have to carry it alone.

“Tell the people: ‘Consecrate yourselves in preparation for tomorrow, when you will eat meat. The LORD heard you when you wailed, “If only we had meat to eat! We were better off in Egypt!” Now the LORD will give you meat, and you will eat it. You will not eat it for just one day, or two days, or five, ten or twenty days, but for a whole month—until it comes out of your nostrils and you loathe it—**because you have rejected the LORD**, who is among you, and have wailed before him, saying, “Why did we ever leave Egypt?”’”

This is the Word of God for the People of God.

**Thanks be to God!**



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**Anxiety:** *a feeling of dread about an uncertain future*

**Cause of Anxiety** – intense desire to control the uncontrollable future

### Conquer Anxiety with WORSHIP

“When I consider your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is mankind that you are mindful of them, human beings that you care for them?” Psalm 8:3-4

How **BIG** is your God?

### Conquer Anxiety with PERSPECTIVE

Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming. Ephesians 4:14

How **BIG** is your Life?

### Conquer Anxiety with JESUS

“Do not let your hearts be troubled. You believe in God; believe also in me.” John 14:1

“Just as I promised your ancestors when I brought them out of Egypt. Don’t worry. My Spirit is right here with you.” Haggai 2:5 (CEV)

How **Deep** is your Relationship?



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