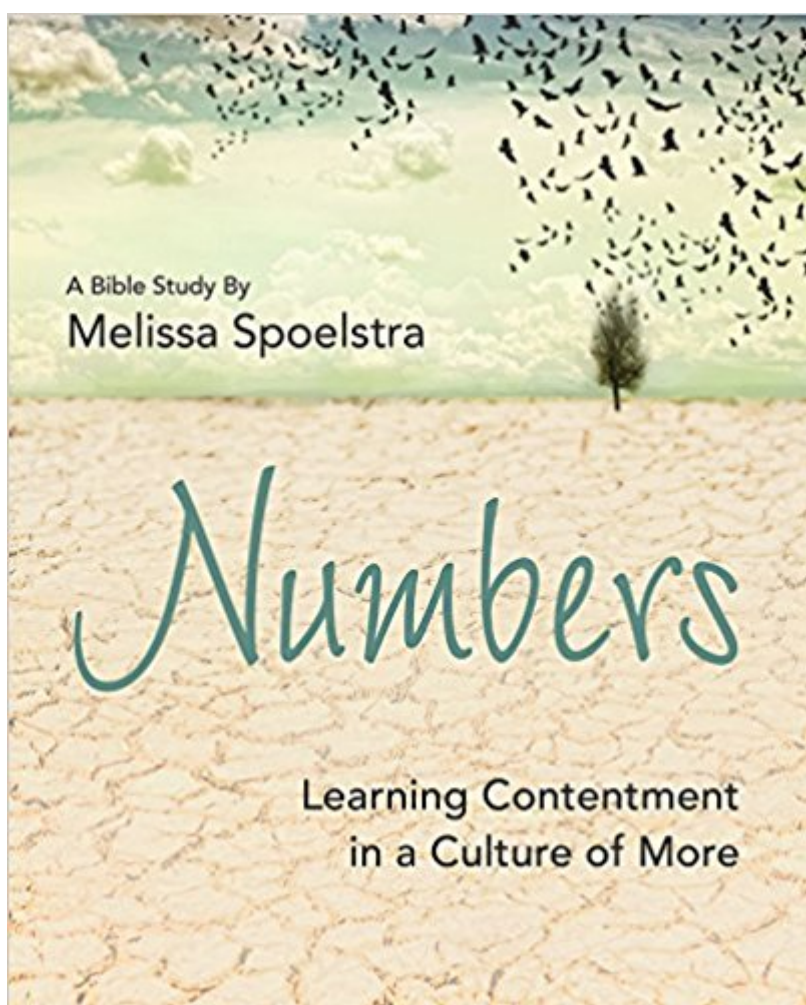


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# Numbers - Women's Bible Study Participant Workbook: Learning Contentment In A Culture Of More



## Synopsis

Something in us aches for more—more hope, more joy, more freedom. All around us people are dancing to the steps of bigger, better, and faster, and we can easily join in without even realizing it. Before long complaining and comparing accompany our desire for more, yet we're not any closer to filling the ache inside. God offers us another way. In this study of the Book of Numbers, we'll find a group of people that wandered in the desert for forty years, unable to enter the Promised Land because of their complaining, grumbling, and lack of faith. The New Testament tells us that their story was written to warn us (1 Corinthians 10:6) so that we would not make the same mistakes and suffer the same consequences. God sent his only Son to die to buy our freedom from the sin that leads to discontentment, and we find our own promised land of peace and contentment in the life he gives us. By exploring Numbers we can come to identify the reasons for our complaining, learn contentment while being authentic about the difficulties of life, accept short-term hardship in light of the greater good of God's ultimate deliverance, recognize the relationship between complaining and worry, and discover how to realign with God's character and promises. Together we will learn contentment as we discover more of our incredible God who truly is more than enough. Only God can fill that ache inside and help us focus on his provision and purpose in the midst of life's joys and pains. The participant workbook includes five days of lessons for each week, combining study of Scripture with personal reflection, application, and prayer. Other components for the Bible study, available separately, include a Leader Guide, DVD with six 20-25 minute sessions, and boxed Leader Kit.

## Book Information

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## Customer Reviews

Melissa Spoelstra is a popular women's conference speaker, Bible teacher, and writer who is madly in love with Jesus and passionate about helping women of all ages to seek Christ and know Him more intimately through serious Bible study. She holds a Bachelor of Arts in Bible Theology and enjoys teaching God's Word to diverse groups and churches within the body of Christ. She is the author of the First Corinthians: Living Love When We Disagree, Joseph: The Journey to Forgiveness, and Jeremiah: Daring to Hope in an Unstable World Bible studies and the Mom's Choice Award-winning *Total Family Makeover: 8 Steps to Making Disciples at Home* book. She lives in Dublin, Ohio, with her pastor husband and four kids. Find her online at [MelissaSpoelstra.com](http://MelissaSpoelstra.com).

I'm so glad I did this study! Numbers is an often-overlooked part of the Bible and contains some difficult passages. Through this study I realized that God has so much to teach us in this ancient text. Culture and technology change, but God and people do not, and contentment is something that all of us have struggled with throughout history. In this age of constant media bombardment and the race to have more, finding contentment can be more difficult than ever. Melissa does an outstanding job of explaining the stories and concepts in Numbers and relating them to the issues and challenges we face today. I learned the importance of honest dialogue with God about contentment, and God's power to transform our hearts and minds and find contentment in any situation or season of life. Melissa has a thorough knowledge of scripture but writes in a way that readers with any level of Bible knowledge can relate to and understand. I was very encouraged by this study and highly recommend it!

I always enjoy Melissa Spoelstra's Bible studies. Numbers: Learning Contentment in a Culture of More is so applicable in our lives today. You can dig deeper in this study with free online site for further study. PPV videos are also available. I am feeling so much better by getting into this study.

I love this study! I did not think I had any issues with contentment and did not expect to have many takeaways when I began the study. Boy was I wrong about that! Melissa does such a great job pointing us to hard truths about our (often unknown) battle with contentment with grace and mercy and she is on the journey right alongside us. I have put into practice the helpful tools she shares and

I can assure you they work! I find myself recalling helpful hints, relevant scripture, funny stories from the study. I highly recommend this for any individual or group seeking peace and contentment in this culture of bigger, better, faster, more!

Numbers=Women's Bible Study Participant Workbook - wow - how awesome this workbook is - I cannot tell you how good this book accompanies the book - you know what hooked me? When she wrote, "all around us people are dancing to the steps of bigger, better, faster, and more. We can easily join in the dance without even realizing it." Well, tell me more, and how does this relate to Numbers. Does it even relate to Numbers? Well my friends - it does, but I won't ruin it and tell you how, but this workbook helps you work things through, and through Numbers. I received a copy of this book from the Publisher and Netgalley; all the opinions expressed in this review are all my own.

Melissa's Bible studies are awesome! So very thorough and thought provoking, but so very applicable to daily living! I have participated in a group study of some of her other studies as well as doing them on my own. Either way they are excellent! The depth and background material is so interesting, but her "realness" as a woman, wife, mom, daughter of the King, bumping along like the rest of us, makes studying Scripture as the Lord has led her to present it very pertinent to everyday living! I highly recommend this study-- as well as her others! (There are videos that accompany the study that add an even greater depth to the Numbers study!)

Studying the book of Numbers has given me biblical truth of how to be content in my life.

“Contentment comes as we learn to listen for God’s instruction and follow them because we believe He has our best interests in mind.” Melissa has also included humor in the study, one of my favorite quotes is “Complaining is like a rocking chair: it gives us something to do but it doesn’t get us anywhere.” This study offers Basic, Deeper and Lighter Commitment. So where ever you are in your journey with God there is a place for you with Melissa’s bible study of Numbers. Thanking God for you, Cindy Murphy

As a seasoned Women's Bible study gal I was intrigued with the book of Numbers because I really knew nothing about it and was curious to find out how this Old Testament book could possibly be relevant to us today. In Numbers: Learning Contentment in a Culture of More, Melissa Spoelstra teaches us how to lean on God in all seasons of our life, the good times and difficult challenges we

all face. We are challenged to replace complaining with contentment, acknowledging God's goodness. This will continue to be a work in progress for me as I've been a complainer for most of my life but Melissa has helped me to lay the groundwork and turn my eyes to God and to understand "the interplay of divine sovereignty and human responsibility." The homework in this study is straightforward and has multiple layers and the reader can decide her level of involvement. I assure you, you will want to be all in! I found the exercises and questions for each day deepened my understanding of the material but wasn't overwhelming or time consuming. The homework is sprinkled with personal stories of Melissa's, reminding me that she is a woman like me and any other I know; she has worries, challenges, and is working her way through this life day by day just like the rest of us. This is my second study by Melissa Spoelstra and I look forward to seeing what God inspires her to teach us in the future.

I have to admit that I wasn't as familiar with the book of Numbers but that intrigued me also. Melissa not only made this study relatable but also impactful. The stories of others in time long past is our stories also. I also like the theme of contentment and the challenge to follow through. Many wonderful lessons to learn and apply in daily life.

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