

# COMPLAINING

July 28, 2019 | Pastor Rob Koke

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**READ** | Philippians 2:14

Complaining makes you and everyone else around you miserable. It's human nature to be negative, and even heroes in the Bible struggled with it.

- David whined, but God never said that life would be fair - Psalm 77:13
- Moses thought everyone was picking on him - Numbers 11:11-15
- Solomon was a cynic - Ecclesiastes 1:2
- Solomon also lived with a perfectionist - Proverbs 27:17

God is not indifferent about complaining, He does not like it. The children of Israel complained constantly and what should have taken 2 weeks took 40 years! Complaining can make you lose perspective.

Jesus had 15 documented interactions with complainers and He did not have any tolerance for it. Jesus often offered penetrating insight about the complainers own heart.

**REFLECT** | Do you struggle with complaining? How has complaining affected your life and those around you?

**How do we break the habit?**

**Start by defining what a complaint is.**

Complaining is giving expression to one's self-centered discontentment. It is nursing or voicing negative thoughts without redemptive motivation or positive benefit.

**Admit that complaining is a problem. READ** | Proverbs 28:13

Do not justify complaining by calling it a gift of discernment. Take a step back and really think about how much you complain. Then you can move and to the next step.

**Change what you can change. READ** | Proverbs 19:3

Complaining often removes personal responsibility and makes you the victim. If you find yourself griping; add a "but" and say something positive about the situation.

**Accept what you cannot change.**

It is the height of foolishness to complain about things we cannot change.

**Remember that God is bigger than your problems. READ** | 2 Corinthians 4:16-18

When you complain, you really are saying that God can't do anything about it. But nothing is impossible for God!

**Have gratitude. READ** | 1 Thessalonians 5:18

The greatest cure for complaining is giving thanks. We all have so much to be thankful for!

**REFLECT** | How can you help yourself remove complaining and add gratitude?

**SUMMARY** | Complaining can really wreck your life and distract you from God's purpose. Taking small, practical steps toward removing complaints and adding gratitude can really benefit your life. Gratitude and complaining cannot coexist.

**PRAYER** | Make time to pray for one another before you dismiss your group.