

Today's Theme

“Me A Complainer?”

Series Title

“Finding Joy In Life” Part 12

October 17, 2021

Phil 2:14 Do everything without grumbling or arguing,

What Complaining Does

1. It can *intensify* my *negative* feelings.
2. It can *cause* others to be *more* negative.
3. It can *put* others on the *defensive*.
4. It can *cause* positive people to *avoid* us.

How To Stop (Do Less) Complaining

1. **I admit I have a problem.**
Prov 28:13 Whoever conceals their sins does not prosper, but the one who confesses and renounces them finds mercy.
2. **I accept responsibility for my own life.**
Prov 19:1 Better the poor whose walk is blameless than a fool whose lips are perverse.

3. I develop a grateful heart.

1 Thess 5:18 give thanks in all circumstances; for this is God's will for you in Christ Jesus.

4. I look for God's hand in everything.

2 Corinthians 4:17 For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. 18 So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal.

5. I practice speaking in a positive way.

Eph 4:29 Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.

The Benefits Of Complaining Less

1. We avoid undo criticism.

Phil 2:15 so that you may become blameless . . .

2. We strengthen our reputation & peace.

Phil 2:15 so that you may become blameless and pure, “children of God without fault in a warped and crooked generation.

3. We increase our impact for Jesus.

Phil 2:15 . . .”Then you will shine among them like stars in the sky 16 as you hold firmly to the word of life. And then I will be able to boast on the day of Christ that I did not run or labor in vain.