

Complaining

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Main Verse: [Numbers 11:1-3](#)

PTSD of the Christian Life — Series

Complaining

Pastor Brent Snook · October 18, 2026 · AM Service

Text: [Numbers 11:1-3](#)

"And when the people complained, it displeased the LORD: and the LORD heard it; and his anger was kindled."
— [Numbers 11:1](#)

Complaining is an attitude problem. The Israelites had every reason to be grateful — delivered from Egypt, led by a pillar of cloud and fire, fed daily by God's provision — and yet their praise turned sour and became murmuring. The same thing happens to us. Today we look at the choice we make, the consequences that follow, and how we can turn our complaining into **Practical Traumatic Spiritual Development**.

Definition: *Complaining is expressing dissatisfaction with a circumstance that is not wrong and about which I am doing nothing to correct.*

I. THE **CHOICE** IN COMPLAINING

"Let us go up at once, and possess it; for we are well able to overcome it." — [Numbers 13:30](#)

"The land, which we passed through to search it, is an exceeding good land. If the LORD delight in us, then he will bring us into this land... Only rebel not ye against the LORD, neither fear ye the people of the land; for they are bread for us: their defence is departed from them, and the LORD is with us: fear them not." — [Numbers 14:6-9](#)

A. Attitudes Are Formed by Patterns of **Thinking**

Each time life drops a ball in our lap, we choose our response. Over time, those choices form a pattern. The key to happiness is the **attitude we choose when we drop the ball**. That choice, repeated over a lifetime, shapes our entire view of the world.

B. Attitudes Are Formed Over Periods of **Time**

The Israelites didn't suddenly become complainers in Numbers 11. The pattern began in Egypt. Complaining was deeply ingrained long before they reached the wilderness. The first step to change is the willingness to say: *"I choose my attitude."*

II. THE **CONSEQUENCES** OF COMPLAINING

A. Complaining Is **Sin**

"Neither murmur ye, as some of them also murmured, and were destroyed of the destroyer." — [1 Corinthians 10:10](#)

Complaining hurts in three directions:

1. It hurts **you** — complaints lead to anger, bitterness, and depression

2. It hurts **God** — God is directly affected when He hears our wrong attitudes. It breaks His heart, slaps His face, and insults His grace

3. It hurts **those around you** — complaining and dissatisfaction spread like wildfire

"And when the people complained, it displeased the LORD: and the LORD heard it; and his anger was kindled."
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B. Complaining **Stifles**

Complaining stifles the grace of God. The very adversity you complain about is the very thing God wants to use to keep your heart close to Him.

C. Complaining **Strips**

"And while the flesh was yet between their teeth, ere it was chewed, the wrath of the LORD was kindled against the people, and the LORD smote the people with a very great plague." — [Numbers 11:33](#)

"And the anger of the LORD was kindled against them; and he departed." — [Numbers 12:9](#)

— *Turn Your Complaining into Practical Traumatic Spiritual Development* —

"In every thing give thanks: for this is the will of God in Christ Jesus concerning you." — [1 Thessalonians 5:18](#)

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