

Instead of Whining, Try Shining for the Lord!

Paul implores us in Philippians 2:14, "Do everything without complaining." Jesus invites us in Matthew 5:16, "In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven." The writer of Hebrews 10:24, challenges us, "To us consider how we may spur one another on toward love and good deeds."

We all have the capacity to turn a sunny day into a gripe session about having to wear sunscreen. There are two types of complainers. The Perfectionist and the Martyr. The Perfectionist demands that things be done to their standard and any perceived error reaps a crop of harsh criticism. The Martyr complains about all their special problems and the lack of help and sympathy they receive from others. The complaining Perfectionist repels friends and the whining Martyr drains them. The better way is God's way. Delete whining and focus on shining by implementing the following suggestions:

First, Choose A Grateful Spirit Instead of A Critical Attitude!

If you were graced by God to be born in America, and you enjoy the benefits of consistent food, shelter and transportation; then you are a blessed person who should be grateful to God and to others. When you quit focusing on your own navel and look at the drastic poverty and problems in our fallen world, it will prompt you to do a checkup from the neck up and get rid of your stinking thinking and ungrateful attitude! Count your blessings! Then praise God for His kindness which activates His presence because the Lord inhabits the praise of His people.

Second, Stop Complaining About EVERYTHING!

Stop It! Stop It! Stop It! Stop It! Stop It Now! Instead intentionally delete negative griping, whining, and gossip-flavored communication. Follow the admonition of Matthew 5:16, "You are the light of the world..." which means you should shine bright and not whine about your plight.

Third, Start Encouraging Everyone – Everywhere!

Encouragement is the Miracle-Gro of the soul. Pour sincere affirmation on the people around you by refilling your spirit with Christ's Spirit, which makes you an attractive and positive friend. Remember, a pat on the back is only 18 inches removed from a kick in the pants, but the results are miles apart!

Consistently apply Hebrews 10:24 which coaches, "*Encourage one another and all the more as you see the day of Christ drawing near.*" Remember the light of an encourager attracts and sustains while the criticism of the complainer repels and drains. So choose TODAY to shine and not whine!