

My Big Fat Mouth - "Complaining" **Prepared by Pastor Dan Bonney**

John 6:63

The words I have spoken to you - they are full of the Spirit and life.

Are the words we speak to each other building up or tearing down? John 6:63

The three different kinds of complaining (*Robert Biswas Diener "The Three Types of Complaining" Psychology Today*)

Instrumental complainers.

Chronic complainers.

Venting complainers

What do you tend to complain about?

Who are you really complaining about? Exodus 16:8

If we are really feeling bad about something as followers of Jesus, how do we transform our complaints into something productive and God honoring?

When we take our complaints to God:

1. We realize how trivial they really are and we should not be complaining at all.
2. He changes our attitude about it from complaint to thankfulness.

If you can't change your circumstances, change your perspective by taking your complaint to God and be thankful.

3. He changes our situation or gives us the motivation to do something about it!

If you can change your circumstances, do something about it, God will help you.

Decide today to stop being a complainer.