

WEEK FOUR

FOR FURTHER CONSIDERATION

Exodus 16:2-3 (NLT)

“There, too, the whole community of Israel complained about Moses and Aaron. “If only the Lord had killed us back in Egypt,” they moaned...”

Numbers 11:1 (NLT)

“Soon the people began to complain about their hardship, and the Lord heard everything they said. The Lord’s anger blazed against them, and he sent a fire to rage among them...”

Philippians 2:14-18 (NLT)

“Do everything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people. Hold firmly to the word of life; then, on the day of Christ’s return, I will be proud that I did not run the race in vain and that my work was not useless. But I will rejoice even if I lose my life, pouring it out like a liquid offering to God, just like your faithful service is an offering to God. And I want all of you to share that joy. Yes, you should rejoice, and I will share your joy.”

Ephesians 4:29 (NLT)

“...Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.”

Philippians 4:8-9 (NLT)

“...Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing...”

Philippians 4:8-9 (NLT)

“A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart.”

1. What happens when you encounter a person who complains about everything? How does it make you feel and how do you typically respond?
2. How does complaining affect peoples’ physical, emotional and spiritual health?
3. Do you think it’s easier for people to complain or to be on the solution-side of a problem or issue?
4. Most people don’t realize just how much they really complain. How can you tell if complaining has become a serious problem in your own life?
5. When it comes to our jobs, our families and our friendships, what is the overall “cost” of complaining?
6. Since complaining tends to be contagious, why is where people complain and how people complain especially dangerous?
7. Take another look at the four suggestions Pastor Steve made for breaking the cycle of complaining
 - Be aware.
 - Take responsibility.
 - Focus on what you really want.
 - Replace your negative thoughts.Which of these four suggestions would you say you need to focus on the most?
8. Read Philippians 2:14-18. Why does Paul so strongly emphasize living a life free from complaining?

QUIT!