



## **Week 2: ...Complaining**

**Scripture:** Numbers 11:1-4; 14:27-30, Philippians 2:14-18, Ephesians 4:29

### **The Cost of Complaining:**

1. \_\_\_\_\_ the \_\_\_\_\_ of God
  - Numbers 11:1-2
  
2. Carries significant \_\_\_\_\_
  - Numbers 14:27-30
  - Confirmation Bias
  - at its root, complaining is a very intense \_\_\_\_\_ problem.

### **The WHAT, WHY, and HOW of needed change.**

1. WHAT: \_\_\_\_\_ complaining.
  - Philippians 2:14
  - Ephesians 4:29
  
2. WHY: So that you can \_\_\_\_\_ more like \_\_\_\_\_.
  - Philippians 2:14-15
  - Luke 6:45
  
3. HOW: \_\_\_\_\_ to \_\_\_\_\_ no matter what.
  - Philippians 2:17
  - Galatians 2:20

**Start talking.**

- What are some of the things that you complain about the most?

**Start thinking.**

- **Read Job 10:1 & Exodus 16:2-4.**
  - What do you think are some of the causes of your complaining?
  - How is complaining to God an act of disobedience?
- **Read Numbers 11:1-4 & Numbers 14:27-30.**
  - What influence has complaining had on your life?
  - In what ways do you feel your complaining has offended the heart of God?
- **Read Philippians 2:14-18 & Ephesians 4:29.**

**Start sharing.**

- What are some of the significant consequences caused by your complaining?
- How do you think your life would change for the better if you stopped complaining? What about even if your situation stays the same?
- What are some ways you can stop complaining and start rejoicing in all situations?
- What are some of the ways God has continually provided for you that you can rejoice about?

**Start praying.** *Be bold and pray with power.*

*God, I confess to you the things I complain the most about. Show me ways that will help me remove the complaining from my life. Change my heart from one that complains to one that rejoices. And thank you for the many blessings You have given me and the ways You have provided for me.*

**Start doing.** *Commit to a step and live it out this week.*

Here are some specific things you can do this week that will help you quit complaining and start rejoicing:

- First, become aware of how much you are complaining by keeping track of it. Second, intentionally say positive words. Third, distance yourself from people who complain too much. Finally, seek God's help by praying and asking Him to show you ways to stop complaining.
- The Bible has much to say about the dangers of complaining and how we can overcome it. Take time this week to read the following verses and allow the power of God's Word to help you quit complaining: Proverbs 3:5-7, Lamentations 3:39, James 5:9, Romans 12:2, 1 Corinthians 10:10, Isaiah 59:1-2, Philippians 4:8-9, and 1 Thessalonians 5:9-10.