



Complain Remain...

Philippians 2:14



Complaining

It Can Be...

- Action
- Spoken and Unspoken
- Attitude (Strong Hold)

It is From...

- State of Discontent
- UnMet Expectations
- Cry of the Flesh (Spt Prob)

It Will Harm...

- Peace
- Joy
- Harmony –*in a Family, Relationship, Church*

Not fair

Poor me

Blah Blah Blah!

Why me

Boohoo

COMMIT TO TALKING 20% ABOUT THE PROBLEM
AND 80% ABOUT THE SOLUTION!

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Karen Salmansohn

Complaining DENIES God's Sovereignty

But the men that went up with him said, We be not able to go up against the people; for they are stronger than we (13:31)

Would God that we had died in the land of Egypt! or would God we had died in this wilderness! ³ Wherefore hath the LORD brought us unto this land, to fall by the sword, that our wives / our children should be a prey? were it not better for us to return into Egypt? ⁴ And they said one to another, Let us make a captain, / let us return into Egypt (14:1-4)

Success in Promise Land Depended on the Sovereignty of God

- **So When They Murmur and Complain...**
 - ...Act. Questioning God's Ability to Carry Out His Will**
- **Complaining is Just the Surface Symptom of Deeper Problem...**
 - ...Discontent /Lack of Trust**

Philippians 2:14

Do everything readily and cheerfully—no bickering, no second-guessing allowed!
(2:14)

Every Complaint Against Our Circumstances,

- every grumble about the weather
- about the way people treat us
- about the daily trials of life...

...is Directed Against the One Who Works All Things

...After The Counsel Of His Own Will (Eph 1:11).

Complaining is a Symptom of a Deep Seated Spiritual Problem...

- Failure to Trust God / Be Submissive to His Providential Provision
- Complaining is a Serious Sin -- We Tend to Take It Lightly/ Do It Often
- But God Doesn't Take it so Lightly (Num 11:1)

Complaining **DISRUPTS** Christian Unity

Num 13:30-33, *And Caleb stilled the people before Moses, and said, Let us go up at once, and possess it; for we are well able to overcome it.* ³¹ **But the men that went up with him said, We be not able to go up against the people; for they are stronger than we.** ³² *And they brought up an evil report of the land which they had searched unto the children of Israel, saying, The land, through which we have gone to search it, is a land that eateth up the inhabitants thereof; and all the people that we saw in it are men of a great stature.* ³³ *And there we saw the giants, the sons of Anak, which come of the giants: and we were in our own sight as grasshoppers, and so we were in their sight.*

"We can't do what God has told us to do, it's too hard, people are too big"

• **Which is Bigger? – Opposition (Giants) or Promise (God)?**

*All the congregation lifted up their voice, and cried; /the people wept that night. ² /all the children of Israel **murmured** against Moses / against Aaron*

Complaining DISCREDITS Christian Testimony

And there we saw the giants, the sons of Anak, which come of the giants: and we were in our own sight as grasshoppers, and so we were in their sight. (33)

We Talk About God..How Much We Love Him...How Good He Is...

...But Do We Really Believe?...

...Murmuring/ Complaining All The Time

"Do all things without murmurings and disputings." (2:14)

- **A Grumbling/ Complaining Christian is Harmful**
- **Nobody Likes to Be Around Complaining People**

How to Stop Complaining

- **Know the Warning Signs**

- Know When You are About to Start Complaining,
...Figure Out Why/ Tell Yourself to Move On From There
- Stop it Before it Begins.

2 Cor 2:11 (KJV) *Lest Satan should get an advantage of us: for we are not ignorant of his devices. (plots-plans)*

- **Think of the Good Aspects of the Situation**

- **Learn to See the Good in Situations/ Stop Focusing on Bad**

Phil 4:8 *—think on these things- (Dwell)*

true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise

How to Stop Complaining

- **Be Mindful and Aware**

- Try to Think Sensibly/ Consciously Understand Your Surroundings
- Not Be So Quick to Jump to Conclusions and Judgements

1 Peter 5:8 (KJV) *Be sober, be vigilant; because your adversary the devil, as a roaring lion, walketh about, seeking whom he may devour.*

- **Stop Judging So Much**

- **Why So Critical?**
- **Learn To Stop Judging...esp. When Nagging Over Small Stuff**

Matt 7:1-5 (MSG) *"Don't pick on people, jump on their failures, criticize their faults—unless, of course, you want the same treatment. ² That critical spirit has a way of boomeranging. ³ It's easy to see a smudge on your neighbor's face/ be oblivious to the ugly sneer on your own. ⁴ Do you have the nerve to say, 'Let me wash your face for you,' when your own face is distorted by contempt?"*

How to Stop Complaining

- **Look Forward and Stay Positive**

- Consider your Wellbeing/ Keep Heading in the Right Perspective.

Philippians 3:13-14 (KJV)¹³ *Brethren, I count not myself to have attained, but this one thing I do, forgetting those things which are behind and reaching forth unto those things which are before,* ¹⁴ *I press on toward the goal, pressing on toward the high calling of God in Christ Jesus.*

- **Learn to Adapt and Welcome Change**

- Life is Full of Changes -Be Solution Minded
- Rem- Complaining Will Definitely Get You Nowhere
- **Phil 4:13** –*I can Do all things through Christ Who Strengthens Me*
...**Ready for Any Challenge**

”COMPLAINING
ABOUT A
PROBLEM
WITHOUT POSING A
SOLUTION
IS CALLED
WHINING.”

-Teddy
Roosevelt

How to Stop Complaining

- **Be Content**

Philippians 4:11 (MSG) *Actually, I don't have a sense of needing anything personally. I've learned by now to be quite content whatever my circumstances.*

- **Learn to Be Content with What You Have (Now!)**
- **By Being Content, You Push Away the Urge to Complain.**
- **You Will Find The Happiness You Need...**
 - ...**Too Fulfilled to Even Think About Whining.**
- **Whether You Complain About Smaller or Bigger Things In Life,**
 - ...**Consider Living Complaint Free and Keep Your Spirit at Ease**

When you

COMPLAIN

you remain.

When you

PRAISE

you get raised.

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