

CONQUER COMPLAINING

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MAIN FOCUS

God knows our struggles and he knows our difficulties, rather than complain to others we should spend that energy on prayer.

“Do all things without grumbling or questioning, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world, holding fast to the word of life, so that in the day of Christ I may be proud that I did not run in vain or labor in vain.” (Philippians 2:14-16 ESV)

OVERCOMING THE DESIRE TO COMPLAIN

DON'T LOSE YOUR WITNESS

1. “Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear”. (Ephesians 4:29 ESV)
2. People don't like following a complainer.
 - a. Have you ever had a supervisor or leader that loved complaining?
 - b. What was your experience like?
 - c. When you think about that person what kind of qualities came with the complaining?
3. Complaining is often a tool used to make small talk and relate to one another.
 - a. We all have that one person that every single time you ask how they're doing they begin with complaining. Does that make you more likely or less likely to be genuinely concerned about their situation?
 - b. Knowing that, does that make you more likely or less likely to be a complainer?

- c. Complaining weakens healthy relationships and builds a bitter and unstable foundation.
- 4. The complainer mentality will destroy your witness.
 - a. The quickest way to destroy years of witness is by vocalizing all of your complaints.

COMPLAINING IS A SELFISH ACT

1. “And Moses said, “When the Lord gives you in the evening meat to eat and in the morning bread to the full, because the Lord has heard your grumbling that you grumble against him—what are we? Your grumbling is not against us but against the Lord.” (Exodus 16:8 ESV)
2. Complaining about the saints/church leadership is not against man, it’s against God.
 - a. Have you ever been a part of a group or a church that has been plagued by complaining?
 - b. Was that group productive? Or did that church see healthy growth?
 - c. Complaining is contagious and can turn faithful, healthy group members into bitter and angry members.
 - d. If you are a complainer, you allow people to feel comfortable complaining to you.
 - e. Rebellion is often an outcome of complaining.

WHAT IS THE HEALTHY ALTERNATIVES TO COMPLAINING

1. Self Evaluation
 - a. Adam complained to God about Eve. He complained and blamed someone else other than looking at his own faults.
 - b. How can we, as a church members, do a better job of evaluating ourselves?
 - c. Before we complain we should ask ourselves “if we were to complain about ourselves what would our complaints be”?
2. Prayer and Fasting
 - a. If anyone sees his brother committing a sin not leading to death, he shall ask, and God will give him life (1 John 5:16 ESV)
 - b. What can we pray for other people as an alternative to complaining about them?
3. Build Trusting and Healthy Relationships
 - a. Do you have someone you can confide in that is trustworthy?

- b. What's a better way to speak about issues with one another that doesn't resort to complaining?
4. Truly Fall in Love with Jesus
 - a. "And we know that for those who love God all things work together for good, for those who are called according to his purpose."
(Romans 8:28 ESV)

FINAL POINTS: Ways to conquer complaining

1. Look in the mirror
2. Seek God's will in your life
3. Take your needs directly to God
4. Love God and love His people