



FROM THE BIBLE
Matthew 12:34 (NLT)
Luke 22:24 (NLT)
Philippians 2:14 (NLT)
Philippians 1:12-13 (NLT)
1 Peter 3:10 (NLT)

MESSAGE TO CONVERSATION GUIDE

My Big Fat Mouth // Week 1 // Complaining

1. The opening video for this new series ends with a little jingle that says, *my big fat mouth...gets me in trouble!* Would you say that's true in your life?
2. Did you know that we have about 60,000 thoughts a day & studies show that about 48,000 of them are negative?! Read Jesus' words in Matthew 12:34 and discuss how, what's in our hearts & thoughts, effects what comes out of our mouths.
3. We defined complaining as *expressing annoyance or dissatisfaction about anything*. What would you say you complain about the most? You can be specific or choose categories (i.e. schedules, work, the weather, etc.)
4. In this message, Joel said, *the problem with complaining is we've taken our eyes off of the goodness of God & instead, we're only looking at ourselves*. Why do you think it is that complaining thrives when we live as if we're the center of the story (me, me, me!) & why do you think complaining dies when we live as if Jesus is the center of the story?
5. Read Philippians 2:14. Paul wrote these words while in prison & chained to a Roman guard 24 hours a day. A few verses later, Paul even said he was *glad & could rejoice*. Read Philippians 1:12-13 and talk about how perspective is everything when it comes to complaining.
6. Joel said, *if you don't like something...don't complain about it...change it!* He went on to say, *if you can't change it...don't complain about it...change your perspective!* Name one thing you regularly complain about & what a new perspective on it might sound like.
7. At the end of this message, everyone got a wristband. The idea is to use it as a reminder to complain less. If you complain, you switch wrists. Are you taking the wristband challenge? What has your experience been so far?



We're always looking for Bay Shore Group Leaders to use the 'Message To Conversation Guide' to facilitate a conversation about the message. Interested in going through our Group Leaders training? Let us know!