

CONQUERING COMPLAINING

MY BIG FAT MOUTH: Part 1

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Pastor Brian

“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.” (Philippians 2:14–15, NLT)

FOUR COMMON TYPES OF COMPLAINERS

1. The WHINER.

“They also complained to Moses, “Wasn’t there enough room in Egypt to bury us? Is that why you brought us out here to die in the desert? Why did you bring us out of Egypt anyway? While we were there, didn’t we tell you to leave us alone? We had rather be slaves in Egypt than die in this desert!”” (Exodus 14:11–12, CEV)

“Then the people complained and turned against Moses. “What are we going to drink?” they demanded.” (Exodus 15:24, NLT)

“There, too, the whole community of Israel complained about Moses and Aaron.” (Exodus 16:2, NLT)

“So once more the people complained against Moses...” (Exodus 17:2, NLT)

2. The MARTYR.

“But Martha was distracted by the big dinner she was preparing. She came to Jesus and said, “Lord, doesn’t it seem unfair to you that my sister just sits here while I do all the work? Tell her to come and help me.”” (Luke 10:40, NLT)

3. The CYNIC.

SOLOMON: *“It is useless, useless...Life is useless, all useless. You spend your life working, laboring, and what do you have to show for it? Generations come and generations go, but the world stays just the same...What has been done before will be done again. There is nothing new in the whole world.” (Ecclesiastes 1:2–4, GNB)*

4. The PERFECTIONIST.

“Love forgets mistakes; nagging about them parts the best of friends.” (Proverbs 17:9, The Living Bible)

HOW TO CONQUER COMPLAINING

1. **ADMIT IT'S A PROBLEM.**

*"A man who refuses to **admit** his mistakes can never be successful. But if he **confesses** and forsakes them, he gets another chance." (Proverbs 28:13, The Living Bible)*

2. **ACCEPT RESPONSIBILITY FOR MY OWN LIFE.**

*"Some people ruin themselves by their own stupid actions and then **blame** the LORD." (Proverbs 19:3, GNB)*

3. **REDIRECT MY FOCUS.**

*"This small and temporary trouble we suffer will bring us a tremendous and eternal glory, much greater than the trouble. For we **fix our attention**, not on things that are seen, but on things that are unseen. What can be seen lasts only for a time, but what cannot be seen lasts forever." (2 Corinthians 4:17–18, GNB)*

4. **DEVELOP AN ATTITUDE OF GRATITUDE.**

*"**Be thankful in all circumstances**, for this is God's will for you who belong to Christ Jesus." (1 Thessalonians 5:18, NLT)*

*"...I have **learned** to be content whatever the circumstances." (Philippians 4:11, NIV)*

5. **TRAIN MYSELF TO SPEAK POSITIVELY.**

*"Do not let any **unwholesome talk** come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." (Ephesians 4:29, NIV)*

ACTIONS

**Create a Gratitude List and review every day.
Catch & counter every complaint for 7 days.**