



The Rumble of Grumble



June 30, 2024

Definitions: **Grumble**

Dictionary.com: Complain about something in a bad-tempered way. Complaint. To make a low rumbling sound.

Greek: To grumble, complain, or mutter. To speak privately in a low voice. To utter secret and sullen (cranky, sour, moody) discontent, express indignation (unfair treatment).

Definitions: Grumble/Greek/NT/Goggyzo

Matthew 20:11	And when they received it, they began to grumble (<i>egongyzon</i> ἐγόγγυζον imperf act ind 3 pl) against the owner of the estate,
Luke 5:30	And the Pharisees and their scribes were grumbling (<i>egongyzon</i> ἐγόγγυζον imperf act ind 3 pl) at his disciples, saying, "Why do you eat and drink with the tax collectors and sinners?"
John 6:41	Then the Jews began to grumble (<i>egongyzon</i> ἐγόγγυζον imperf act ind 3 pl) about him because he said, "I am the bread that came down from heaven."
John 6:43	Jesus answered them, saying, "Do (<i>gongyzete</i> γογγύζετε pres act imperative 2 pl) not keep grumbling (<i>gongyzete</i> γογγύζετε pres act imperative 2 pl) among yourselves.
John 6:61	But Jesus, aware that his disciples were grumbling (<i>gongyzousin</i> γογγύζουσιν pres act ind 3 pl) about it, said to them, "Does this offend you?"
John 7:32	The Pharisees heard the crowd secretly discussing (<i>gongyzontos</i> γογγύζοντος pres act ptcp gen sg masc) these things about Jesus, so the chief priests and Pharisees sent temple guards to arrest him.
1 Corinthians 10:10	And do (<i>gongyzete</i> γογγύζετε pres act imperative 2 pl) not grumble (<i>gongyzete</i> γογγύζετε pres act imperative 2 pl), as some of them did (<i>egongysan</i> ἐγόγγυσαν aor act ind 3 pl), and were killed by the destroyer.

Definitions: Hebrew

Rebellious, stiff-necked, stubborn, without foundation or unjustified, repetitive, worry, fret, irrational, narrow-minded, self-important, faithless.

Exodus 15:22-25

Then Moses led the people of Israel away from the Red Sea, and they moved out into the desert of Shur. They traveled in this desert for three days without finding any water. ...

Then the people **complained** and turned against Moses. “What are we going to drink?” they demanded. So Moses cried out to the Lord for help, and the Lord showed him a piece of wood. Moses threw it into the water, and this made the water good to drink.

Exodus 17:3

“But the people thirsted there for water and they **grumbled** against Moses and said: Why, now, have you brought us up from Egypt, to kill us and our children and our livestock with thirst?”

Numbers 11:1-3

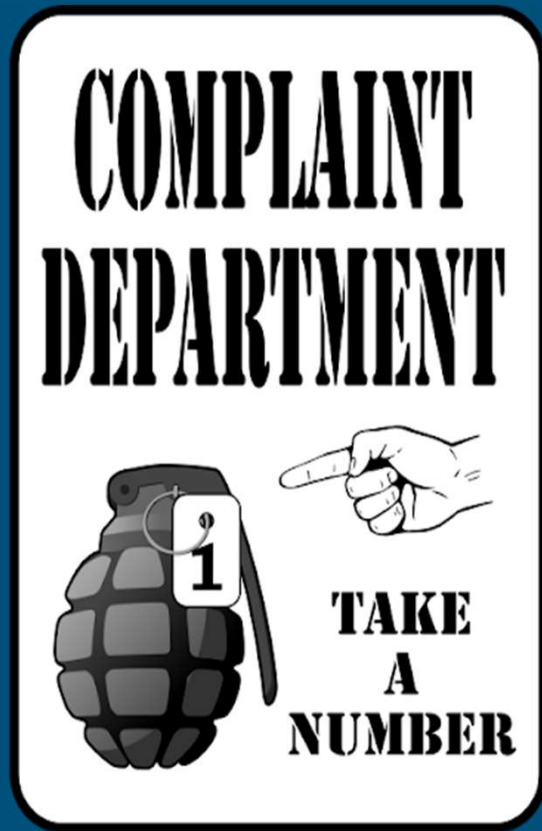
Now the people **complained** about their hardships in the hearing of the Lord, and when he heard them his anger was aroused. Then fire from the Lord burned among them and consumed some of the outskirts of the camp. When the people cried out to Moses, he prayed to the Lord and the fire died down.

Numbers 14:26-30

The Lord said to Moses and Aaron: “How long will this wicked community **grumble** against me? I have heard the complaints of these grumbling Israelites... In this wilderness your bodies will fall ... Not one of you will enter the land I swore with uplifted hand to make your home, except Caleb

What
happens
when I
complain?

Rumble
Echo
Reverberate
Splash
Ripple
Wave
Ricochet



Sharing
complaining can
be a form of
social bonding.

Signs I am **complaining** too much

- Air negativity but don't try to find any solutions
- Ruminates about past events
- Experience a lot of regrets and wishes about redoing
- Frequently experience feelings of anxiety
- Usually irritable after complaining
- Have a negative mood and outlook on life
- Talking about problems makes you feel helpless or hopeless

What We Call It

Venting: Give free expression to a strong emotion.

Commiserating: To feel or express sorrow or compassion for.

Sharing: To partake, use, occupy, experience, or to have in common with others.

Whining: Complaining or inclined to complain in a childish, insulting or rude manner.

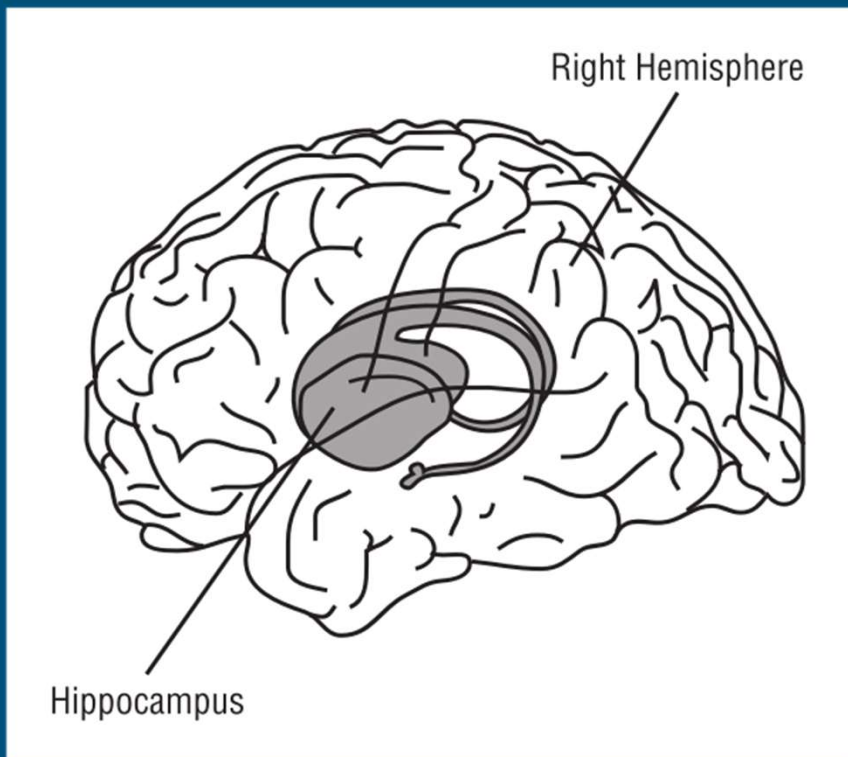
Why We Say We Do It

- Just being **honest**
- **Need** to get it “off my chest”
- Gain **understanding** or other opinion
- **Check** my thinking
- Get **validation** from others
- Gain **agreement**

Why Do We Do It?

- Nature
- Habit
- Ego
- Pain or Discomfort
- Frustration or irritation
- Discontentment
- Lack of Control

The Effects: Your Brain on Complain



“Synapses that fire together wire together.”

Repeating the same thoughts makes neurons branch out to each other making the transfer easier the next time.

Negativity Bias | Am I hardwired for frustration?

We tend to react more strongly to negative events, even when the positive events we experience are of the same magnitude. This is a cognitive bias called “Negativity Bias”.

Barbara L. Fredrickson

Repetitive negative thoughts reduce our ability to recognize actions that will bring about positive change.

Psychology & Facts About Complaining



- A complaint sometimes results in a **change** that's good.
- Complaining to others can result in gaining a **new perspective** or understanding for myself.
- Complaining can **rally people around a cause** and give support, energy and motivation for change.

Psychology & Facts About Complaining



- 30 minutes of complaining each day **damages** your brain.
- Taints relationships
- Builds culture of **finger-pointing** (blame)
- Opposite of accountability
- **Opposes the courage** to make changes

1 Corinthians 10:1-5

For I do not want you to be ignorant of the fact, brothers and sisters, that our ancestors were all under the cloud and that they all passed through the sea. They were all baptized into Moses in the cloud and in the sea. They all ate the same spiritual food and drank the same spiritual drink; for they drank from the spiritual rock that accompanied them, and that rock was Christ. Nevertheless, God was not pleased with most of them; their bodies were scattered in the wilderness.

1 Corinthians 10:6-10

Now these things occurred as examples to keep us from setting our hearts on evil things as they did. Do not be idolaters, as some of them were; as it is written: “The people sat down to eat and drink and got up to indulge in revelry.” We should not commit sexual immorality, as some of them did—and in one day twenty-three thousand of them died. We should not test Christ, as some of them did—and were killed by snakes. And do not **grumble**, as some of them did—and were killed by the destroying angel.

Social Effects of Complaining

Have you ever been around someone who seems to complain about everything?

How does it affect you when complaining happens with no apparent direction or purpose toward resolution?

Jude vs. 10, 16

“Yet these people slander whatever they do not understand”

“These people are **grumblers** and **fault finders** (Complainers); they follow their own evil desires; they boast about themselves and flatter others for their own advantage.”

Lies

Not every thought that enters your head is your own.

- I am all alone in this world
- No one cares about me
- God is cruel and the source of pain
- God doesn't love me
- I've made too many mistakes

Solutions & Takeaways

- Attitude of Gratitude
- Goal or purpose
- Return to joy- Practice Appreciation
- Savoring
- Awareness (watchfulness)

Solutions & Takeaways

- Accountability in Community
- Partnership with Jesus
 - Take thoughts captive
 - Forgiveness

1 Corinthians 13:4-7

Love is patient and kind. Love is not jealous or boastful or proud or rude. **It does not demand its own way. It is not irritable, and it keeps no record of being wronged.** It does not rejoice about injustice but rejoices whenever the truth wins out. Love never gives up, never loses faith, is always hopeful, and endures through every circumstance.