

Why do people go out of their way to complain? Even when there are blessings everywhere, they almost always find the negative. Why is this?

Jamie began with this: *"But so much of our complaining is not constructive. Much of it is what the Bible calls "grumbling." And grumbling is a sin God takes very seriously. We need to be on guard because many of us tend to focus on the negative."*

Read **Philippians 2:14-16**. What do you think is so bad about complaining? Why do you think God wants us to not complain, but be and focus positively?

Oswald Chambers said, *"God expects no complaining on our part, and offers no explanation on His part."* What do you think of this quote? How does complaining effect our relationships? How does complaining effect ourselves? Discuss.

We complain because of unrealistic expectations, unfair comparisons and unnoticed blessings. Which of these do you see yourself struggle with most? Why? Read **Matthew 20:11-15**, **Proverbs 14:30**, and **1 Timothy 6:8**. What do these verses tell you about complaining?

***"What's the cure? What can we do to declutter and rid our lives of complaining?"***

Develop an attitude of gratitude. *"In reality, our peace of mind is about 10% circumstance and 90% attitude. It's a lesson repeated again and again in the book of Philippians and throughout the Bible. And it is so true! Your happiness is a matter of personal choice."* How can you develop a thankful and content attitude?

Ask a friend for help. Start the day with positive prayer. *"God doesn't want to hear our complaints all the time. He wants to hear our praise. And not just for His benefit, but for our benefit."* What do you think Jamie meant by this? How could a prayer be one of complaint verses one of praise? How does this actually affect us? In what way?

Serve other people. Read **John 15:11-13** and **Mark 8:35**. How does serving others help yourself? Name a time where you did something for someone else and it made you feel good. Explain why and how this relates to Jesus.

Focus on the eternal. Read **2 Corinthians 4:16-18**. When you focus on the eternal, how does it change your daily attitude? Close by reading **1 Peter 1:8-9**. Ask God to open your eyes to others and to fix your eyes on the things above, changing your attitude from complaints to praise.