



## **My Big Fat Mouth – Part 1 – Complaining** **Mark Rouse – February 4, 2018**

### ***Memory Verse:***

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. – Ephesians 4:29

They said to Moses, "Was it because there were no graves in Egypt that you brought us to the desert to die? What have you done to us by bringing us out of Egypt? <sup>12</sup> Didn't we say to you in Egypt, 'Leave us alone; let us serve the Egyptians'? It would have been better for us to serve the Egyptians than to die in the desert!" Exodus 14:11-12

"...You are not grumbling against us, but against the Lord."  
- Exodus 16:8

### **THE PROBLEM WITH COMPLAINING**

- 1) Complaining DISTORTS my perspective.**
- 2) Complaining keeps me from GROWING in my faith.**
- 3) Complaining stops the flow of a GRATEFUL heart.**

Give thanks in all circumstances; for this is God's will for you in Christ Jesus. – 1 Thessalonians 5:18

✓ **Question: *In my life, what do I complain about the most?***

Do everything without grumbling or arguing, <sup>15</sup> so that you may become blameless and pure, "children of God without fault in a warped and crooked generation." – Philippians 2:14-15

- If you can change your CIRCUMSTANCES, do something about it.**
- If you can't change your circumstances, change your PERSPECTIVE.**

Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. <sup>13</sup> As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ.

- Philippians 1:12-13

### **TWO STATEMENTS TO HELP ME CHOOSE GRATITUDE**

#### **1) I will not let what I WANT rob me for what I HAVE.**

Enjoy what you have rather than desiring what you don't have. Just dreaming about nice things is meaningless—like chasing the wind. – Ecclesiastes 6:9

#### **2) I will turn every BLESSING into PRAISE.**

Let all that I am praise the LORD; may I never forget the good things he does for me. <sup>3</sup> He forgives all my sins and heals all my diseases. <sup>4</sup> He redeems me from death and crowns me with love and tender mercies. <sup>5</sup> He fills my life with good things.  
- Psalm 103:2-5

He took some bread and gave thanks to God for it. Then he broke it in pieces and gave it to the disciples, saying, "This is my body, which is given for you. Do this to remember me." – Luke 22:19