

**Philippians
2:14**

"DO ALL THINGS WITH-
OUT GRUMBLING OR
DISPUTING..."

**John
6:43**

"JESUS ANSWERED
AND SAID TO THEM,
'DO NOT GRUMBLE
AMONG
YOURSELVES.'"

**1 Corinthians
10:10**

"AND DO NOT
GRUMBLE, AS SOME
OF THEM DID - AND
WERE KILLED..."

**James
5:9**

"DO NOT GRUMBLE
AGAINST ONE ANOTH-
ER, BROTHERS, SO
THAT YOU MAY NOT BE
JUDGED..."

GRUMBLING



Can be dangerous!

When God tells us to "do all things without grumbling," He is not saying that we have nothing to grumble about. In fact, that is the goal of the enemy - to send you problems to complain about so that he can gain advantage in your life. Jesus warned His followers not to grumble among themselves to protect them from the evil that grumbling can bring. Complaining, whether merited or not, is dangerous to ourselves and everyone around us. Parents that grumble in the stands poison the morale in the bleachers. Parents that complain about the coaches in front of the players, poison the minds the girls which makes them un-coachable. Even if we are not physically killed by complaining, there are definitely other deaths we experience such as death of attitude, motivation, and most of all - our witness.

Be different...

*Do all things
without
grumbling...*

Many of you are saying to yourselves, "I wouldn't complain if the coaches would do things like they should!" I agree that every coach has something about them to grumble about, but I never read a verse in the Bible that gives me the "right" to grumble without some kind of repercussion to me and those around me. If the team your daughter is on is harmful to her in some

way, then find a way to get her into a better atmosphere without leaving a trail of damage on your way off the team. This is what is right.

Coaching Perspective

Your “right” to complain is giving the enemy the “right” into your life. Have you ever met a coach that only wants to complain about his or her team? Complaining invites the enemy into the doorway of your team room as easily as it opens the door into your life. A grumbling coach will have grumbling players which is dangerous to the culture of the team. Complaining is the fastest way to a divided team, which will be defeated long before the team even steps onto the field. Develop a “no complaining culture” first by ending your own complaining, and only then can you bring the same concept to your players. I have even called for a “no complaining week” - similar to a fasting from food. It is really eye opening when you are trying not to complain and then realize how much you and your team complain on a regular basis - it may have become apart of your culture without you even realizing it.

Next, fill in the gap where complaints used to be and find positive things to verbalize. This is an intentional transition of taking complaining out and bringing positive in. This will begin to change the culture of your team to be more receptive to the Light, rather than more accustomed to the attitudes of darkness.

Remember, the players will feed off of the coach’s demeanor. Recently I moved to San Antonio, Texas and held a camp in the middle of June. Coming from California, I was not used to the heat of Texas, and I found myself paying way too much attention to the weather. As soon as I said, “Wow, it’s hot out here...” I could see in the camper’s body language that they agreed and their work ethic was beginning to sink. The next day, I decided to avoid any reference to the heat and to push through it without complaining. My negative comments were directly affecting the energy level of the campers and I learned a great lesson that day; if I don’t act like it’s a problem, neither will my players.

For Him,
Lorie Coleman

What do I do when I want to grumble really bad!!



- 1. Write down all of your most recent complaints - ones that came out of your mouth and ones still in your mind.**
- 2. Confess to them to the Lord and ask for solutions - then release control of them.**
- 3. Be on alert - don’t allow the grumbling to return!**

“because Christ suffered for you, leaving you an example, that you should follow in his steps. He committed no sin, and no deceit was found in his mouth.” When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to him who judges justly.”

1 Peter 2:21-23