



Message Notes

Week 3: Restraining our Complaining Philippians 2:14-16

Big Idea for this week:
Complaining causes us to lose our shine

1. Complaining causes us to look like the broken world
2. Restraining causes others to see God's restored world

These questions are designed to extend the impact of the Sunday gathering. Use them to go deeper in your personal study time, with your family, and/or with your Life Group.

1. What are some things you complain about? Are they in line with what everyone else seems to complain about? How do you feel when you complain? Does it seem to help you when you do?
2. What do you think about Paul's words in our text this week? If you could have been there with Paul, would you have tried to share why your experiences make you complain or grumble? Do you think they would make any difference to what he would say?
3. When you complain, do you think you look like the world? Why or why not? How do you think avoiding complaining makes us shine like lights or stars? Do you think non-believers can find Christ in us if we restrain from complaining? Why or why not?

Share the Truth. The world knows complaining. It's good at it. But we were called to more. The world needs to see more restrainers than complainers. Who is God laying on your heart to walk alongside and encourage them to stop complaining and arguing and focus on letting Christ shine through them?

Ask yourself. Am I complaining? Is my complaining actually causing disunity in the church? Am I losing my shine because of my complaining? Was this message from God meant for me?

Prayer: Father, this world is filled with things I can complain about. Forgive me for the times I complain about things that ultimately make me look like the world, rather than like Jesus. When I complain, help me to call on You and let Your light shine through me. In Jesus' Name, amen.