



Pt 5: Complaining (9/7/25)

Your Words Carry Weight, Even If Said Lightly

Complaining: Expressing Dissatisfaction Without Offering Solutions

Effects of Complaining:

- 1) It Negatively Affects Your Body and Mind
- 2) It Negatively Affect Your Productivity
- 3) It Negatively Affects Relationships

Exodus 14:11 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? 12 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!”

Why We Complain:

- 1) We Focus On The Problem In Front Of Us And Forget About God’s Faithfulness That Got Us Here

Let us hold unswervingly to the hope we profess, for he who promised is faithful. -Hebrew 10:23

- 2) We Focus On The Pleasures Of Earth Instead Of The Hope Of Eternity

I have served the Lord for many years now and looked where it has landed me. The food is awful, and to make matters worse, the guards are asking me to leave a tip! -Phil 2:14 (DHV)

Do everything without complaining and arguing, 15 so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people. -Paul (Philippians 2:14-15)

How To Break Complaining:

- 1) If You Can Change Your Circumstances, Do It!
- 2) If You Can’t Change Your Circumstances, Shift Your Perspective!

1 Corinthians 4:17-18 For our present troubles are small and won’t last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! 18 So we don’t look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.

Next Steps & Annc's



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