

MAIN POINT

Habitual complaining stifles our growth as Christ followers and holds us back from God's best.

INTRODUCTION

What do you find yourself most often complaining about?

Why is it so easy to slip into the habit of complaining?

Complaining quickly becomes unhealthy when it becomes our default response to anything that is not exactly the way we think it should be. Habitual complaining reveals issues within us that need to be addressed if we are to become all that God wants us to be. In this study, we will look at some of the internal roots of complaining, as well as its consequences in our lives and in our relationship with God.

DISCUSSION

> **READ EXODUS 14:10-15; 16:8; PHILIPPIANS 2:14-15.**

What is the primary emotion the Israelites experience in Exodus 14?

Why do you think the people cried out to God first and then immediately complained to Moses?

Where did the Israelites suddenly wish they were? How does complaining twist our thinking?

Can you think of a time you made excuses or were overly critical of a new opportunity because you were scared to step into something unknown? How does one move past that fear?

English Bibles use "the LORD" as a substitute for God's name, Yahweh, meaning "I Am" or "I Will Be" (in the sense of "I Will Be With You"). How aware are you of God's presence with you in times of trial or fear?

Does this knowledge bring peace or frustration when you have to wait on God's deliverance?

What lessons can we draw from this about God's relationship to us in hard times and about His expectations?

What does Exodus 16:8 tell us about unnecessarily complaining about situations in our lives?

How does "grumbling" prevent us from becoming "blameless and pure"?

How does the habit of complaining inhibit our witness for Christ?

What are the fears and stressors that war against your faith and lead you to complain? What steps can you take to reduce fear and stress? Where do you need God to help you in these areas?

Who is watching and listening to you when you complain? What example would you rather set for them?

APPLICATION

What are some practical ways we can implement more thanksgiving into our lives to combat the tendency to complain? How might this impact our relationships with others?