

## Negativity and Complaining

Breakthrough – Part 2

“Do everything without complaining and arguing.” Philippians 2:14 (NLT)

### The Cost of Complaining

1) It **offends** the heart of God. (Numbers 11:1)

“...You are not grumbling against Aaron and me, because we are nothing; you are grumbling against the Lord.”

Exodus 16:8 (NCV)

2) It is **relationally destructive**. (Numbers 11:4)

“It’s better out in the desert than at home with a nagging, complaining spouse.” Proverbs 21:19 (NIV)

3) It can cause me to miss **God’s blessings**. (Numbers 14:27-30)

### Restraining My Complaining

1) Admit it’s a **problem**.

“I do not mean that I am already as God wants me to be. I have not yet reached that goal, but I continue trying to reach it...”

Philippians 3:12 (NCV)

2) Practice speaking **positively**.

“Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs...”

Ephesians 4:29 (NIV)

3) Make the choice to **rejoice**.

“Give thanks in ALL circumstances; for this is God’s will for you in Christ Jesus.” 1 Thessalonians 5:18 (NIV)

“...I have learned to be content whatever the circumstances.” Philippians 4:11 (NIV)

4) Understand the **heart** of the issue.

“I have been crucified with Christ and I no longer live, but Christ lives in me...” Galatians 2:20 (NIV)