

COMPLAINING

WEEKLY ACTION STEPS

Select a habit you've been wanting to change. Ask God to give you strength and endurance to follow the steps listed in the takeaways below to start changing that habit today!

TAKEAWAYS

Four Steps to break the habit of complaining:

- Realize that habitual complaining is not just annoying. It can be evil.
- Replace your destructive words with words that build up.
- Get to the heart of it, asking God to change your heart.
- When all else fails, let the complaints fly...to God.

How to change a complaining habit:

- Tell your closest friends you want to change this habit.
- Begin complaining to God instead of people.
- Take the 21-day bracelet challenge.
- Read *Creatures of Habit* chapter 7.
- Seek out positive believers.

SCRIPTURE

Philippians 2:14-15, Philippians 4:8, Proverbs 14:1, Ephesians 4:29, Luke 6:45, Psalm 10:1

QUESTIONS

1. How are your words affecting the people around you? What would your life look like if you allowed Him to guide your words and attitude?
2. Pastor John reminds us that habitual complaining is not just annoying but opens the possibility for evil. How have you ever been impacted by someone's complaining, cynicism, or gossip? What kind of effect did it have on your life?
3. In Ephesians 4:29, God commands us to let no corrupt talk come from out of our mouths. When you feel yourself sliding into unwholesome and unhealthy talk, what steps can you take to speak differently?
4. Think of the person you know who complains most consistently. How do you feel when you are around this person during a fit of complaints?
5. Think of the person you know who most consistently expresses gratitude and thankfulness. How does this person affect you and the people around them?
6. What is your complaining style – polite or aggressive?
7. When it comes to our jobs, our families, and our friendships, what is the overall "cost" of complaining?

8. In Philippians 4:8, we are to fix our thoughts on six things (what is true, honorable, right, pure, lovely, and admirable.) How do we do a better job of focusing our thoughts upon these things? How do we share them with others and build them up spiritually?

If you want to learn more about how to turn your bad habits into godly ones, be sure to check out Steve Poe's new book, *Creatures of Habit*. You can find it at the display in the lobby throughout the month of June except for June 19 & 20. A \$10 donation is suggested, but not required.