

HOW TO CONQUER COMPLAINING
Philippians 2:14-15

The Upside of Down - Series #7

Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe.

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1. The "WHINER"

"It's not fair. I don't deserve this. Everybody else gets all the breaks."

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2. The "MARTYR"
"No one appreciates me."

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3. The "CYNIC"
"Nothing will ever change."

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4. The "PERFECTIONIST"
"Is that the best you can do?"

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1. Admit it is a problem.
"A man who refuses to admit his
mistakes can never be successful.
But if he confesses and forsakes
them, he gets another chance."
Proverbs 28:13
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2. Accept responsibility for my own
life.
"Some people ruin themselves by
their own stupid mistakes and then
blame the Lord."
Proverbs 19:3
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3. Develop the attitude of gratitude.

"Give thanks in all circumstances,
for this is God's will for you in Christ
Jesus."

I Thessalonians 5:18

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Fourth, if you want to get victory
over complaining, look for God's
hand in your circumstances.

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This small and temporary trouble we
suffer will bring us a tremendous and
eternal glory, much greater than the
trouble. So we fix our attention, not on
the things that are seen, but on the
things that are unseen. What is seen
lasts only for a time, but what cannot
be seen lasts forever.

II Corinthians 4:17-18

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Trust in him at all times, O people;
pour out your hearts to him, for God
is our refuge.

Psalms 62:8

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What father would give his son a
stone when he asked for bread?

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Deuteronomy 16:3 – The bread of
affliction.

Exodus 24:30 - The bread of the
Presence.

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Then Jesus declared, "I am the bread of life. He who comes to me will never go hungry, and he who believes in me will never be thirsty."

John 6:35

I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever.

John 6:51

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Here I am starving to death. How many of my father's servants have bread enough and to spare.

Luke 15:17

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5. 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, that it may benefit those who listen."

Ephesians 4:29

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