



I Quit Complaining

Sunday, January 15, 2017

Dave Michel

Stepping Stones Community Church

Introduction:

- Series focus: evaluation and change
- We have a lot to complain about

Quitting Complaining

² The whole community of Israel complained about Moses and Aaron. ³ “If only the LORD had killed us back in Egypt,” they moaned. “There we sat around pots filled with meat and ate all the bread we wanted. But now you have brought us into this wilderness to starve us all to death.”

Exodus 16:2-3 NLT

1. The cost of complaining

- **Personal:** Negative living
- **Others:** Spiritual bad breath
- **God:** Makes him angry

“I loathe my very life; therefore I will give free rein to my complaint and speak out in the bitterness of my soul.

Job 10:1 NIV

Now the people complained about their hardships in the hearing of the LORD, and when he heard them his anger was aroused. Then fire from the LORD burned among them and consumed some of the outskirts of the camp.

Numbers 11:1 NIV

2. Restraining our complaining

- **What:** Do not complain
- **Why:** To become more like Christ
- **How:** Rejoice and Encourage

¹⁴ Do everything without complaining and arguing... ¹⁵ Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.

Philippians 2:14-15 NLT

¹⁷ But I will rejoice even if I lose my life, pouring it out like a liquid offering to God, just like your faithful service is an offering to God. And I want all of you to share that joy. ¹⁸ Yes you should rejoice, and I will share your joy.

Philippians 2:17-18 NLT

So encourage each other and build each other up, just as you are already doing.

1 Thessalonians 5:11 NLT

Next Steps:

- ☐ Re-read today's Bible verses this week
- ☐ I confess my sin of complaining: _____
- ☐ Spend time rejoicing and listing my blessings from God
- ☐ Pray for me as I work to quit complaining
- ☐ I will encourage someone before I leave the building today
- ☐ _____