**RISE UP** in 2021

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**I QUIT Complaining –** *Exodus 16:2-4; Philippians 2:14-18*



**Do you know someone who complains?**

**4 types of complainers:**

1. **Whiner** – it is not fair.
2. **Martyr** – no one appreciates me.
3. **Cynic** – nothing will ever change.
4. **Perfectionist –** it is never good enough.

**Complaining is not new.**

*Job complained “I loathe my life;* ***I will give free utterance to my complaint****; I will speak in the bitterness of my soul.”* **Job 10:1**

*And the whole congregation of* ***the people of Israel grumbled*** *against Moses and Aaron in the wilderness, and the people of Israel said to them, “Would that we had died by the hand of the Lord in the land of Egypt, when we sat by the meat pots and ate bread to the full, for you have brought us out into this wilderness to kill this whole assembly with hunger.”*  **Exodus 16:2-3**

**Complainer -** one who is discontented with his lot in life.

**Do you ever complain?**

**“***Complaining is like bad breath. You notice it when it comes out of someone else’s mouth, but no necessarily when it comes out of yours.”* – **Will Bowen**

Complaining carries a **cost**.

If you want to drive people away, if you want to be divisive, if you want to hurt yourself, if you want to hurt the heart of God, then just keep on complaining.

Complaining is **contagious**.

Complaining is a grievous **sin**.

***And the people complained*** *in the hearing of the Lord about their misfortunes, and when the Lord heard it,* ***his anger was kindled****…* **Numbers 11:1-2**

“How long shall this wicked congregation grumble against me? I have heard the grumblings of the people of Israel, which they grumble against me. **Numbers 14:27**

If complaining is such a big deal, then **why do we it?**

1. We **choose** to do it.

It is a choice that we make. If you choose, you can find things all day long to complain about. And if you do it long enough, it can become a habit, a way of being, an automatic response when things do not go your way. It will become your default behavior.

**Confirmation bias** – preconceived idea that has you process information through your bias.

1. Our sin nature seems to **thrive** on it.

At the root of complaining, there is an **intense spiritual problem**. A heart problem. **Our flesh likes to make us the center of the plot,** when the center of the plot is supposed to be God.

The Israelite’s problem was not rooted in the scenery, but rather in their **hearts**. They were discontented, always wanting what they did not have. They lacked trust in God; they lacked patience; they lacked contentment …and it displeased the Lord.

**When you and I complain**,it is not a speech problem; **it is a heart problem.**

***A good man brings*** *good things out of the* ***good stored up in his heart****, and* ***an evil man*** *brings evil things out of the* ***evil stored up in his heart****. For the mouth speaks* ***what the heart is full of****.* **Luke 6:45**

Since complaining is a big deal**, what do we do?**

*Do* ***all******things*** *without* ***grumbling*** *or disputing…*

**1 Thessalonians 2:14**

QUIT **complaining**!

*Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.* **Ephesians 4:29**

**Restraining our complaining:**

1. **Confess**.

*But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.*  **Galatians 5:22-23**

Complaining is **not** a fruit of the Spirit. It is a sin.

Confess to God that you have made yourself the center of the plot when the center of the plot is supposed to be Him.

1. Choose to **rejoice -** no matter what!

It is hard to complain when you are giving thanks.

*give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*  **1 Thessalonians 5:18**

Words kill, words give life; they’re either poison or fruit—you choose. **Proverbs 18:21**

Does this mean we are never to bring our complaints before the Lord? Lamenting and complaining are two different things.

**Lament -** an appeal to God based on confidence in His character.

**Complaint:** expression of my discontentment.

**Lament:** a prayer to God.

**Complaint**: focuses on my disappointment.

**Lament:** focuses on who God is in the midst of disappointment.

**Complaint:** lacks trust in God.

**Lament:** counts on God’s faithfulness.

**Complaint:** an accusation against God that maligns His character.

**Lament:** an appeal to God based on confidence in His character.

When you choose to quit complaining, you…

1. Make room for God’s **grace**.

Look after each other so that not one of you will fail to find God’s best blessings. **Watch out that no bitterness takes root** among you, for as it springs up it causes deep trouble, **hurting many in their spiritual lives**. **Hebrews 12:15 NLT**

1. Make room for God’s **sovereignty**.

*And we know that for those who love God* ***all things*** *work together* ***for good****, for those who are called according to his purpose.* **Romans 8:28**

1. You become like **Christ**.

*Do all things without grumbling or disputing, that you may be blameless and innocent,* ***children of God without blemish*** *in the midst of a crooked and twisted generation, among whom you* ***shine as lights*** *in the world…*  **Philippians 2:14-15**

Let’s **rejoice no matter what** …and **QUIT complaining!**