

YOU HAVE THE RIGHT TO REMAIN SILENT

I WON'T COMPLAIN

1 CORINTHIANS 10:1-12, PHILIPPIANS 2:14, EPHESIANS 4:29

COMPLAINING:

- To express dissatisfaction
- To grumble
- To express resentment
- One who is discontented with his/her lot in life

CAUSES OF COMPLAINING

- UNGRATEFULNESS
- DISCONTENTMENT
- JEALOUSY/ENVY
- AN UNFULFILLED LIFE
- ATTRACTED BY SYMPATHY/ATTENTION
- UNFORTUNATE CIRCUMSTANCES

EFFECTS OF COMPLAINING

- Can lead to a negative attitude
- Can lead to disobedience
- Can repel people away from you
- A complaining spirit leads to fighting and quarrelling because complaints come from unfulfilled desires, which lead to envy and strife.
- Can cause low faith level

BIBLICAL EXAMPLES OF COMPLAINING

- The Children of Israel-Exodus 17:1-4, Numbers 11:1-7
- Aaron & Miriam-Numbers 12:1-13
- Jeremiah-Jeremiah 20:7-10

HOW TO OVERCOME THE SPIRIT OF COMPLAINING

⇒ **LEARN HOW TO BE CONTENT-Philippians 4:11-12**

Contentment: To be at ease and satisfied in whatever position or circumstance God has you in.

ENEMIES OF CONTENTMENT

- Comparison
- Competition

“He who is not contented with what he has, would not be contented with what he would like to have.” — **Socrates**

⇒ **REMOVE YOURSELF FROM COMPLAINERS-1 Corinthians 15:33**

⇒ **ACCEPT THOSE THINGS THAT ARE OUT OF YOUR CONTROL**

⇒ **ACCEPT THOSE THINGS THAT YOU CAN'T CHANGE**

⇒ **ASSUME RESPONSIBILITY**

“If you don't like something, change it. If you can't change it, change your attitude. Don't complain.”
Maya Angelou

⇒ **LEARN HOW TO CELEBRATE SMALL THINGS**

“Many people lose the small joys in the hope for the big happiness.” — **Pearl S. Buck**