

**ZIP IT**  
**Complaining**  
Roger Pryor—May 8/9, 2010

## **CHRONIC COMPLAINERS**

*Do everything without complaining or arguing... Philippians 2:14 (NIV)*

*There, too, the whole community of Israel complained about Moses and Aaron. "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)*

*So Moses and Aaron said to all the people of Israel, "By evening you will realize it was the Lord who brought you out of the land of Egypt. In the morning you will see the glory of the Lord, because he has heard your complaints, which are against him, not against us. What have we done that you should complain about us?" Then Moses added, "The Lord will give you meat to eat in the evening and bread to satisfy you in the morning, for he has heard all your complaints against him. What have we done? Yes, your complaints are against the Lord, not against us." Exodus 16:6-8 (NLT)*

## **CAUSES OF COMPLAINING**

### **1. Heart problem**

*...For out of the overflow of the heart the mouth speaks. Good people bring good things out of the good stored up in them, and evil people bring evil things out of the evil stored up in them. Matthew 12:34-35 (TNIV)*

**Out of a negative heart flows negative words that become negative actions, resulting in a miserable life.**

*Above all else, guard your heart, for it affects everything you do. Proverbs 4:23-27 (NLT)*

### **2. Gratitude problem**

### **3. Perspective problem**

## **CURES FOR COMPLAINING**

### **1. Address the heart**

*Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. 1 Thessalonians 5:18 (NLT)*

### **2. Speak life-giving words**

*The tongue has the power of life and death... Proverbs 18:21 (TNIV)*

*Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. Ephesians 4:29 (NLT)*

### **3. Limit negative relationships**

*"Bad company corrupts good character." 1 Corinthians 15:33 (NIV)*

### **4. Look for God in every situation**

*And I am certain that God, who began the good work within you, will continue his work until it is finally finished... Philippians 1:6 (NLT)*