

**ZIP IT**  
**Complaining • May 8/9, 2010**

**ICEBREAKER:**

*Take some time to get to know each other with some open sharing:*

- How does your mouth usually get you in trouble?  
(Give examples if you can)

**INTRODUCTION:**

- What is the greatest measure of self-control? Read James 3:2-4.
- What areas of your life do you complain about most?
- Describe the characteristics of a complainer.

**QUESTIONS FOR DISCUSSION:**

1. What's behind the act of complaining?

2. What do your words reveal about your heart? (See verses below)

*...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*

3. The nation of Israel is poised to enter the Promised Land after 400 years of slavery in Egypt. Moses sends in twelve spies to survey the land in preparation for an invasion. Read through Numbers 13-14.

- What are some grumbling lessons we can draw from this story?
- How does God respond to complaining in this story?
- How does their complaining affect Moses and others?
- God eventually gives the people what they were complaining about. Why do you think He did that?

4. Often times we grumble because we are too focused on what we don't have rather than on all the things God has provided for us. In Deuteronomy 8:6-18 God speaks to the Israelites about this.

- What insights do you see in this passage that could help you not take for granted what you have or get confused about how you got it?
- How can you better incorporate remembering what God has provided and has done for you into your everyday life?

5. React to this statement: *It's okay to complain to God, but it's not okay to complain about God.* See Psalm 13:1-4. How did David respond after complaining to God? See verses 5-6.

**WHAT WILL YOU DO?**

Roger suggested four possible cures for complaining. What were they? And how do you plan to counteract your pattern of complaining?

What principle or insight from this week's topic could help you more consistently to avoid complaining and to be thankful?

Take some time to list out what you are thankful for. How does that counteract complaining?

My next step is to: \_\_\_\_\_

**THINK ABOUT IT** (Something to chew on or memorize)

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