

Lord, Change My Complaining Attitude

12 July, 2009



Attitudes are patterns of thinking, formed over a long period of time.

We choose our attitude.

Complaining is expressing resentment over circumstance which is not wrong; and which I am not doing anything myself to correct.

1. Complaining is sin

Who am I hurting when I complain?

a. myself b. God c. people around us

2. God hears our complaining.

Complaining involves circumstance. Criticizing involves people.

3. God hates our complaining.

Personal reflections:

1. Am I a complainer?

Begin to pray from your heart, asking God to show you. Complaining is hard to see in ourselves. It's easy to see in others. Ask yourself these: What are the two or three things about your life you like most to change? Are you complaining about these things verbally or non-verbally (in your thoughts)? Are you accepting & thankful or resisting & complaining?

2. Am I reaping the consequence of complaining in my relationship with God?

Imagine God whispering in your heart now, "I'm listening. I hear every word you say and every thought you think." If your life lacks joy and a sense of God's favour and presence ... if your heart is like a wilderness, it's your attitudes.

3. Am I willing to repent?

Am I willing to turn from that attitude of complaining, acknowledge it is wrong, and ask God to help me change my attitude? The good news of Jesus Christ – is that His death provided a way for us to be forgiven and cleansed and have a fresh start in life and in our attitudes. We only need to repent – agree with God that our complaints are sin – and choose to turn from complaining and ask His forgiveness.

Changing attitude is not easy, we need God's help. But it will be worthwhile. Look to Jesus and Pray

Discussion Questions:

1. Do we choose our attitudes? Share some examples of choices you make when faced with a problem / set-back / difficulty.

Notes: think of two opposite ways of responding - positive & negative.

Identify areas in our own lives where we may be complaining

2. Which of these are complaints and which are not?

- i Asking bible class teacher to dismiss on time so that there is time to prepare for worship.
(Not, coz we are doing something about it)
- ii Asking your mum why the floor is so dusty/dirty.
(Yes, coz we are Not doing anything to fix it)
- iii Sulking because your friend irritated you. When you friend notices and ask you what's wrong, you say "nothing".
(Yes, coz Not doing anything to fix it)
- iv Asking hawker to change your noodles because you order mee-pok but he gave you bee-hoon.
(Not, coz its is a mistake, and we are doing something about it)
- v Ask your friends to boycott a movie because you don't like the actor.
(Yes, coz Not doing anything to fix it, cannot fix it)

3. Why is complaining sin?

Notes: to stress seriousness of how God views complaining.

1 Cor 10:10-11, Phi 2:14, Jam 5:9, Jud 1:16

4. How do you feel when people complain about what you have done?

(buy bread for breakfast, but kids prefer noodles; arrange to watch a movie and bought tickets for friends, but they prefer another movie or another time)

Notes: exploring the point that God hates complain. Relate to our own experience, how we feel when others complain after all the effort we put in for their benefit.

Can you related to how God feels when His people complain?