

“I Won’t Complain”
Dr. Janet Cook, Senior Pastor
February 4, 2018
Guidelines

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Please put these guidelines on a separate insert that we can include each week.

“I WON’T COMPLAIN”

Our Goal -

“Do all things without complaining and disputing, that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world, holding fast the word of life, so that I may rejoice in the day of Christ that I have not run in vain or labored in vain” Philippians 2:14-16 (NKJV).

“If you don’t like something, change it. If you can’t change it, change your attitude. Don’t Complain.” www.theguardian.com, *Maya Angelou Quotes, 15 of the Best, Quote 2.*

As we start this challenge I want to share two things:

1. You do not have to participate in this challenge. If you choose to continue to complain that is your choice. We are not telling you what to do or trying to control you. You are free to continue to be your negative self.
2. If you take a Complaint Free purple band and put it on your wrist you are committing to the challenge to stop complaining, criticizing, blaming and gossiping.

Guidelines

1. Begin to wear the bracelet on either wrist.
2. When you catch yourself complaining, gossiping, blaming or criticizing, move the bracelet to the other wrist and begin again.
3. If you hear someone else who is wearing a purple bracelet complain, it’s okay to point out his or her need to switch the bracelet to the other arm; BUT if you’re doing to do this, you must move your bracelet first! Because you’re complaining about their complaining. Both of you will start over at day 1. There is NO shame in Day #1.
4. Stay with it. It may take many months to reach 21 consecutive days. It takes an average of 4 to 8 months to break this negative habit.

We’re only talking about complaints, criticism, blaming and gossip that are spoken. If it comes out of your mouth, it counts, so start over. If you just think it... its free. You will find out that even your complaining and negative thoughts will disappear as you move through this process.

“...the three things that stop people more than anything else does from achieving their goals: criticizing, complaining, and blaming. These are the three horsemen of failure.”

www.wow4u.com, Inspirational Words of Wisdom, *David DeNotaris Quotes, Page 3*

“Death and life are in the power of the tongue, And those who love it will eat its fruit” Proverbs 18:21 (NKJV).

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Note: Unless otherwise noted, all Scriptures are from the NKJV Bible.

Our Goal

Philippians 2:14-16

"Do all things without complaining and disputing, that you may become blameless and harmless, children of God without fault in the midst of a crooked and perverse generation, among whom you shine as lights in the world, holding fast the word of life, so that I may rejoice in the day of Christ that I have not run in vain or labored in vain."

- Do ALL THINGS without complaining and disputing (arguing).
- Be blameless, harmless, children of God without fault in a crooked and perverse generation.
- If we do these things we will Shine as lights in the world.
- Hold on to God's Word of Life, and don't let go
- SO THAT I may rejoice in the day of Christ
- SO THAT I have not run in vain or labored in vain.

"...the three things that stop people more than anything else does from achieving their goals: criticizing, complaining, and blaming. These are the three horsemen of failure."

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Proverbs 18:21

"Death and life are in the power of the tongue, And those who love it will eat its fruit."

- The words that we speak produce fruit in our lives. We choose if we want to eat words of life or words of death. What is your unruly member saying?



"But the tongue can no man tame; it is an unruly evil, full of deadly poison" James 3:8 (KJV).

Complaining Aroused God's Anger.
Numbers 11:1-3

“Now when the people complained, it displeased the Lord; for the Lord heard it, and His anger was aroused. So the fire of the Lord burned among them, and consumed some in the outskirts of the camp. Then the people cried out to Moses, and when Moses prayed to the Lord, the fire was quenched. So he called the name of the place Taberah, because the fire of the Lord had burned among them.”

- Realize how dangerous complaining is and how much it displeases God.
- Complaining is considered an act of unbelief toward God.
- Complaining does not change situation; it increases our frustration.
- Complaining is very contagious and if not checked, it will spread discord, discontentment and negativity to others.

Psalm 106:24-25 “Then they despised the pleasant land; They did not believe His word, But complained in their tents, And did not heed the voice of the Lord.”

Your Mouth Reveals the Condition of Your Heart

Luke 6:45 “A good man out of the good treasure of his heart brings forth good; and an evil man out of the evil treasure of his heart brings forth evil. For out of the abundance of the heart his mouth speaks.”

What you say reveals what is really in your heart.

Is there a good treasure or an evil treasure in your heart?

1 Corinthians 10:1-13

Moreover, brethren, I do not want you to be unaware that all our fathers were under the cloud, all passed through the sea, all were baptized into Moses in the cloud and in the sea, all ate the same spiritual food, and all drank the same spiritual drink. For they drank of that spiritual Rock that followed them, and that Rock was Christ. But with most of them God was not well pleased, for their bodies were scattered in the wilderness. Now these things became our examples, to the intent that we should not lust after evil things as they also lusted. And do not become idolaters as were some of them. As it is written, “The people sat down to eat and drink, and rose up to play.” Nor let us commit sexual immorality, as some of them did, and in one day twenty-three thousand fell; nor let us tempt Christ, as some of them also tempted, and were destroyed by serpents; nor complain, as some of them also complained, and were destroyed by the destroyer. Now all these things happened to them as examples, and they were written for our admonition, upon whom the ends of the ages have come.

Therefore let him who thinks he stands take heed lest he fall. No temptation has overtaken you except such as is common to man; but God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will also make the way of escape, that you may be able to bear it.

- God is faithful and will not allow you to be tempted beyond what you can bear.
- God is faithful and will make a way of escape for you.
- Complaining expresses your disbelief in God’s faithfulness.

Commit today to the Challenge – “I Won’t Complain”