

WATCH YOUR MOUTH: WEEK 1- Complaining

ICE BREAKER QUESTIONS

1. What is your favourite quote from a book or from a speech? Can you share it?
2. What is the kindest act you have ever done?

WORD

We are starting a new series entitled “Watch Your Mouth”. Warning for everyone that we are not doing this series because you talk too much but rather we are addressing the condition of our heart. Why? Because the scripture says, “*The mouth speaks from the abundant of the heart.*” Or in other words, “*For the mouth speaks what the heart is full of.*” Meaning, whatever stored up in our hearts, will come out from our mouth. Whether spoken, texted, or posted, our words play a crucial role in our lives and our witness. This four-part series reminds us that our words matter and guides us through Scripture teachings on the source of our words, the consequences of our words, and the ways we can use our words for good and God’s glory.

Philippians 2:14-16 (NKJV)

14 Do all things without complaining and disputing, 15 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, 16 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.

What is the source of our words? Our heart, whatever our heart full of it, will come out. *Matthew 12:34b (NKJV) For out of the abundance of the heart the mouth speaks.* This is Jesus speaking..

Jeremiah 17:9-10 (NIV) 9 *The heart is deceitful above all things and beyond cure. Who can understand it?* 10 *“I the Lord search the heart and examine the mind, to reward each person according to their conduct, according to what their deeds deserve.*

If the source of our words is our heart and the condition of our heart is deceitful above all things and beyond cure. What shall we do? ***We need to submit our heart to the Lordship Christ Jesus.***

What are the consequences of our words? In the Old Testament, The Israelites were taken out by God from captivity and from slavery of the Egyptians to the Promise land flowing with milk and honey. Before they reached their destination, God took them to the wilderness to change their slave mentality. On the 15th day of the second month after they departed the land of Egypt, the entire Israelite came to Moses and Aaron and started to complain. **Exodus 16:2 (NKJV)***Then the whole congregation of the children of Israel complained against Moses and Aaron in the wilderness.* They were complaining about Moses who have brought them out into the wilderness to kill the whole assembly with hunger.

Complaining to the situation leads to exaggeration. In fact, the entire congregation of Israel did not make it to the promise land including Moses because of complain, only Joshua and Caleb made it. **Deuteronomy 1:34-35 (NLT)***34 When the Lord heard your complaining, he became very angry. So he solemnly swore, 35 ‘Not one of you from this wicked generation will live to see the good land I swore to give your ancestors,*

DISCUSSION

Has there been any blessings you have not been thankful for lately? Share your thoughts how can you turn these blessings into thankfulness toward God on a regular basis?

WORD

How can we use our words for good and for God’s glory? **Philippians 2:14 (NKJV)** *14 Do all things without complaining and disputing,*

The Apostle Paul had the right to complain. He was imprisoned from sharing the Gospel. Being in prison is not a vacation to enjoy. He knew that Jesus was in control, that's why he wrote a letter calling to the church at Philippi to REJOICE!

Three things Paul did to Glorify God in his situation:

1. He glorify's God in his perspective.

Philippians 2:17-18 (NKJV) 17 Yes, and if I am being poured out as a drink offering on the sacrifice and service of your faith, I am glad and rejoice with you all. 18 For the same reason you also be glad and rejoice with me.

2. He glorify's God in his situation.

Philippians 1:12-13 (NIV) 12 Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel. 13 As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ.

3. He glorify's God for who He is.

The things we complain about will become our reality. The enemy knows this and will tempt us to complain about all areas of our lives so that we will live in a negative fact. Our problem is that Satan has taken our eyes off the goodness of God so that we can focus on ourselves.

Complaining is probably one of the sins most tolerated by Christians. We accept and perhaps don't even think of it as sin because we're all prone to do it. It is remarkable how God's word has warned us about the dangers of complaining.

DISCUSSION

How have you been handling your situation or perspective in life? How can you grow in your perspective that is giving praises to God instead of complaining?

LIFE APPLICATION

Psalms 103:2-5 (NLT) 2 Let all that I am praise the Lord; may I never forget the good things he does for me. 3 He forgives all my sins and heals all my diseases. 4 He redeems me from death and crowns me with love and tender mercies. 5 He fills my life with good things. My youth is renewed like the eagle's!

I am not focusing on what I don't have but rather I am thankful for what I do have. I'm not the centre of the story. Jesus is!

Let's declare a complaining free week and declare a praise week! NO COMPLAINING WEEK CHALLENGE: If you slip, meaning if you complain about anything and your life group, family or yourself catches it, you must find five things to praise God for your one complaint.

DISCUSSION

Will you accept this no complaining week challenge? Why or Why not?

VERSE TO MEDITATE ON

Philippians 2:15-16 (NKJV)

14 Do all things without complaining and disputing, 15 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,

PRAYER

Share your prayer request and answered prayer. Pray for one another and throughout this week.



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