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COMPLAINING

“The tongue can bring death or life;
those who love to talk will reap the consequences.”
Proverbs 18:21

Three Things We Often Complain About

- 1. C _____
- 2. C _____
- 3. C _____

If you don't have a choice in your _____
You still have a choice in your _____

ACTION STEP

When tempted to complain I'll say to myself,

“ _____ !”

MEMORY VERSE

“Do everything without complaining and arguing, so that
no one can criticize you. Live clean, innocent lives as
children of God, shining like bright lights in a world full of
crooked and perverse people.”

Philippians 2:14-15

“But I will rejoice even if I lose my life, pouring it out like a liquid
offering to God, just like your faithful service is an offering to
God. And I want all of you to share that joy. Yes, you should
rejoice, and I will share your joy.”

Philippians 2:17-18

Three Things In Which We Can Always Rejoice

- 1. The Joy Of _____
- 2. The Joy Of _____
- 3. The Joy Of _____

ACTION STEP

Make the decision to praise God even if . . .

MY NEXT STEP IS TO . . .

- Memorize Philippians 2:14-15
- When facing companions, comparisons or circumstances that
might lead me to complain I'll say to myself “It could be worse!”
- Make the decision to praise God even if . . .
- Commit to attend as much as possible attend each week of the
“Zip It” teaching series.



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Discussion Questions - Week #3

LIFEGROUPS

QUICK REVIEW

Thinking back to the sermon this weekend "Zip It: Complaining," in a sentence or two summarize the main point.

Looking at your notes, was there anything you heard for the first time or that caught your attention, challenged or confused you?

Is there any practical step you plan on taking this week in response to the message?

GETTING STARTED

- When was the last time you complained about the service you were provided at a restaurant or other type of business? What did you complain about and what was the result?
- What do you complain about the most? How do you think your life would change if you stopped complaining?

DIGGING DEEPER

1. If complaining is a gift, the Israelites had it. They could teach a master class on complaining. Read Numbers 11:1-20. What stands out to you in this passage?

If you had to eat one food every day what would it be?

What's the difference between the people's complaining and Moses' complaining?

What does this passage teach we should do with our complaints?

2. In the message this weekend Pastor Rick shared that making comparisons is one of the things that most often leads to complaining. Where are you most tempted to allow the comparison trap to rob your joy?

Read John 21:18-23. About what did Peter have to complain?

If you were in Peter's shoes, how would you feel about Jesus' response in verse 22?

How might the encouragement Jesus gave Peter help us to avoid the comparison trap?

How could you apply this lesson practically?

3. While most of us know someone who we would characterize as always complaining, the Apostle Paul encourage us to be their complete opposite. Read 1 Thessalonians 5:12-18. Do you think Paul was speaking poetically about "rejoicing always" and "giving thanks in all circumstances" (NIV) or do you think he really meant it?

If Paul meant what he said, why aren't many of us living that way?

How do you think a habit of rejoicing always would impact your witness?

How do you relate verses 16 & 18 to someone who just lost a loved one or received a terminal diagnosis?

What do you think is the connection between rejoicing and giving thanks in verse 16 & 18, with the command to pray continually in verse 17?

TAKING IT HOME

☞ In what area of your life this week are you going to choose to rejoice in spite of the circumstances you face?

PRAYER REQUESTS