

I Quit!

**Week 3:
I Quit Complaining**



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I Quit Complaining

Case Study: The Israelites

The whole community began to grumble against Moses. "If only we were back in Egypt!" they moaned. "It would have been better if the Lord had just killed us there! At least we had plenty to eat." (Exodus 16:2-3)

The Cost of Complaining

1. Complaining _____

The people soon began to complain to the Lord about their hardships; and when the Lord heard them, His anger was aroused. Then fire from the Lord burned among them and consumed the outskirts of the camp. (Numbers 11:1-2)

2. Complaining _____

"How long will these people keep complaining about Me? I hear all the complaints of these grumbling Israelites. So tell them this, 'As surely as I live, not one of you will make it to the Promised Land!'" (Numbers 14:27-30)

Restraining our Complaining

“Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe But even if I am being poured out like a drink offering ... I am glad and rejoice with all of you. So you too should be glad and rejoice with me.” (Philippians 2:14-18)

1. Do everything _____

“Do everything without complaining ...” (Philippians 2:14)

2. Choose to rejoice _____

“But even if I am being poured out like a drink offering ... I am glad and rejoice with all of you. So you too should be glad and rejoice with me.” (Philippians 2:18)