

THANKFUL

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MEMORY VERSE:

*"Do everything without
complaining and arguing."*

Philippians 2:14 (NLT)

This series begins with a choice:

**What will we continually rehearse—our
frustrations or God's _____?**

Choose Gratitude Instead of Complaining

1. RECOGNIZE WHAT COMPLAINING DOES TO YOUR _____

"Then the whole community of Israel set out from Elim and journeyed into the wilderness of Sin, between Elim and Mount Sinai. They arrived there on the fifteenth day of the second month, one month after leaving the land of Egypt. There, too, the whole community of Israel complained about Moses and Aaron. If only the Lord had killed us back in Egypt, they moaned. There we sat around pots filled with meat and ate all the bread we wanted. But now you have brought us into this wilderness to starve us all to death. Then the Lord said to Moses, Look, I'm going to rain down food from heaven for you. Each day the people can go out and pick up as much food as they need for that day. I will test them in this to see whether or not they will follow my instructions. On the sixth day they will gather food, and when they prepare it, there will be twice as much as usual. So Moses and Aaron said to all the people

of Israel, By evening you will realize it was the Lord who brought you out of the land of Egypt. In the morning you will see the glory of the Lord, because he has heard your complaints, which are against him, not against us. What have we done that you should complain about us? Then Moses added, The Lord will give you meat to eat in the evening and bread to satisfy you in the morning, for he has heard all your complaints against him. What have we done? Yes, your complaints are against the Lord, not against us."

Exodus 16:1–8 (NLT)

A. Complaining magnifies what is

_____.

**B. Complaining can distort how you
remember the _____.**

Action Steps

Ask yourself:

- What is one recurring complaint that I have?
- What concern is underneath it?
- Have I brought that concern honestly to God?
- **What _____ of His faithfulness have I stopped noticing?**
- Is there a constructive step I need to take?

2. REMEMBER THAT GOD IS _____ IN YOU

*"Dear friends, you always followed my instructions when I was with you. And now that I am away, it is even more important. Work hard to show the results of your salvation, obeying God with deep reverence and fear. For God is working in you, giving you the desire and the power to do what pleases him. Do everything without complaining and arguing." **Philippians 2:12–14 (NLT)***

A. Depend on God to change your

_____.

B. Act in obedience _____ your feelings change.

3. REPLACE COMPLAINING WITH

*"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. Hold firmly to the word of life; then, on the day of Christ's return, I will be proud that I did not run the race in vain and that my work was not useless." **Philippians 2:14–16 (NLT)***

"Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus."

1 Thessalonians 5:18 (NLT)

A. Name _____ evidence of God's goodness.

B. Let your response become a _____.

NEXT STEPS:
A SEVEN DAY GRATITUDE PRACTICE

1. _____ YOUR RECURRING COMPLAINT.

Identify the complaint you repeat most often.
Write it down and name the concern beneath it.

Prompt:

"I most often complain about _____."

2. _____ THREE REASONS TO THANK GOD EACH DAY.

Write three specific reasons each day. Include God's character, His provision, and the people He uses to help you.

Encourage people to look for fresh examples rather than automatically repeating the same list.

3. _____ **ONE CONSTRUCTIVE STEP.**

Choose an action that addresses the concern or expresses appreciation.

- Have a respectful conversation.
- Ask for help.
- Offer to serve.
- Thank someone personally.
- Make a needed adjustment.
- Pray specifically and seek wise counsel.

**"This week, I will pause before I
_____, name God's
goodness, and take the next
faithful step."**

MY NEXT STEP TODAY IS:

- ✓ I will memorize **Philippians 2:14 (NLT)**
- ✓ I will accept Christ for the first time
- ✓ I will join the New Life church family
- ✓ I will sign up for the next baptism

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open daily from 6am-7am CST.

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