



## The Hidden and High Cost of Complaining

I Corinthians 10:10 (NLT)

*And don't grumble as some of them did, and then were destroyed by the angel of death.*

Complain: "express dissatisfaction or annoyance about a state of affairs or an event."

I. Understanding the hidden and high cost of complaining.

1. Complaining is hazardous to your health.
2. Complaining can turn a tough stretch into a life sentence. (Exodus 16:1-8)

Exodus 14:10-14 (ESV)

*When Pharaoh drew near, the people of Israel lifted up their eyes, and behold, the Egyptians were marching after them, and they feared greatly. And the people of Israel cried out to the Lord. <sup>11</sup> They said to Moses, "Is it because there are no graves in Egypt that you have taken us away to die in the wilderness? What have you done to us in bringing us out of Egypt? <sup>12</sup> Is not this what we said to you in Egypt: 'Leave us alone that we may serve the Egyptians'? For it would have been better for us to serve the Egyptians than to die in the wilderness." <sup>13</sup> And Moses said to the people, "Fear not, stand firm, and see the salvation of the Lord, which he will work for you today. For the Egyptians whom you see today, you shall never see again. <sup>14</sup> The Lord will fight for you, and you have only to be silent."*

3. Complaining is a spiritual check engine light. (Luke 6:45)

4. Complaining brings the judgment of God.

- Complaining puts God on trial. (Exodus 16:8; Numbers 11:1-3)

II. Rules for rewiring. (Philippians 2:12-18)

1. It's okay to complain to God; it's not okay to complain about God.
2. If you can change your circumstances do something about it.
3. If you can't change your circumstances change your perspective. (Philippians 2:17-18; Philippians 1:12-13)

How you handle trials depends on who is center stage in your life.

4. Make praise a steady part of your diet. (Psalm 103:2-5)

Psalms 100:4 (NLT)

*Enter his gates with thanksgiving; go into his courts with praise. Give thanks to him and praise his name.*