

“Renew Your Mind: Stop Complaining!”

Philippians 2:1-18

March 1, 2026

❖ Complaining is the negative expression of dissatisfaction in someone or something.

I. Types of complainers.

1. The _____ complainer.

“Then the Egyptians who had come with them began to long for the good things of Egypt. This added to the discontent of the people of Israel and they wept, “Oh, for a few bites of meat! Oh, that we had some of the delicious fish we enjoyed so much in Egypt, and the wonderful cucumbers and melons, leeks, onions, and garlic! ⁶ But now our strength is gone, and day after day we have to face this manna!”

Numbers 11:4-6 (TLB)

2. The _____ complainer.

“He replied, “I have worked very hard for the Lord God of the heavens; but the people of Israel have broken their covenant with you and torn down your altars and killed your prophets, and only I am left; and now they are trying to kill me too.”

1 Kings 19:10 (TLB)

3. The gloom and doom _____ complainer.

““Meaningless! Meaningless!” says the Teacher. “Utterly meaningless! Everything is meaningless.” What do people gain from all their labor at which they toil under the sun? Generations come and generations go, but the earth remains forever.”

Ecclesiastes 1:2-4 (NIV)

4. The _____ complainer.

“When Eliab, David’s oldest brother, heard him speaking with the men, he burned with anger at him and asked, “Why have you come down here? And with whom did you leave those few sheep in the wilderness? I know how conceited you are and how wicked your heart is; you came down only to watch the battle.” “Now what have I done?” said David. “Can’t I even speak?”

1 Samuel 17:28-29 (NIV)

“A constant dripping on a rainy day and a cranky woman are much alike! You can no more stop her complaints than you can stop the wind or hold onto anything with greasy hands.”

Proverbs 27:15-16 (TLB)

II. Why is complaining such a big deal?

1. Complaining is _____ by God.

“Do everything without grumbling or arguing,”

Philippians 2:14 (NIV)

“And do not grumble, as some of them did—and were killed by the destroying angel.”

1 Corinthians 10:10 (NIV)

2. Complaining _____ your spiritual growth.

“so that you may become blameless and pure, children of God without fault in a warped and crooked generation. Then you will shine among them like stars in the sky”

Philippians 2:15 (NIV)

3. Complaining _____ your witness for Christ.
“shine like stars in the universe as you hold out the word of life”

Philippians 2:15c-16a

(NIV)

4. Complaining _____ your brain for negativity and misery.
5. Complaining _____ your mood and _____ your joy.
6. Complaining is bad for your _____.
7. Complaining weakens your problem _____ abilities.
8. Complaining easily _____.

III. How to stop complaining:

1. Admit that complaining is a _____.
“A man who refuses to admit his mistakes can never be successful. But if he confesses and forsakes them, he gets another chance.”

Proverbs 28:13 (TLB)

2. Accept _____.

“A man may ruin his chances by his own foolishness and then blame it on the Lord!”

Proverbs 19:3 (TLB)

3. As much as possible avoid _____ in with chronic complainers.

“Do not be misled: “Bad company corrupts good character.”

1 Corinthians 15:33 (NIV)

4. Replace complaining with _____.

“give thanks in all circumstances; for this is God’s will for you in Christ Jesus.”

1 Thessalonians 5:15

(NIV)

5. Take it _____ at a time.

“Do not despise this small beginning, for the eyes of the Lord rejoice to see the work begin, to see the plumb line in the hand of Zerubbabel. For these seven lamps represent the eyes of the Lord that see everywhere around the world.”

Zechariah 4:10 (TLB)