

## ***The Cure for Complaining***

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June 14, 2020

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Gratitude is the gateway to peace. Thankfulness brings joy. In this week's Stay Positive message, find out how to cure complaining by focusing on gratitude and thankfulness for what God has given.

*"A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed."*

- Proverbs 15:13, ESV

*(Continues on back.)*

### **My Next Step(s):**

- I will read Philippians 4:4-7, and bring my anxiety and requests to God in prayer.
- I will starve my complaining and feed my gratitude.
- I will take note of and then write down things that I am grateful for.
- I will let my gentleness be evident to all.

**Memory Verse:** "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. - Philippians 4:8

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