

The Cure for Complaining

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June 14, 2020



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

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

(Continues on back.)

(This message uses materials provided by open.life.church.)



The Cure for Complaining



**STAY
POSITIVE**



**Lord, forgive me for
the times when I
asked you to have my
husband spend more
time with me 🙄**

**Most useless
purchase of 2019:**

A 2020 planner.

So far 2020 is like
looking both ways
before crossing the
street and then
getting hit by
an airplane.

**2020 keeps telling us:
Good night. Good work.
Sleep well. I'll most likely
kill you in the morning!**



**If you want to save
money at Xmas, now's
the perfect time to tell
the kids that Santa
didn't make it through
the pandemic**



The Cure for Complaining



**STAY
POSITIVE**

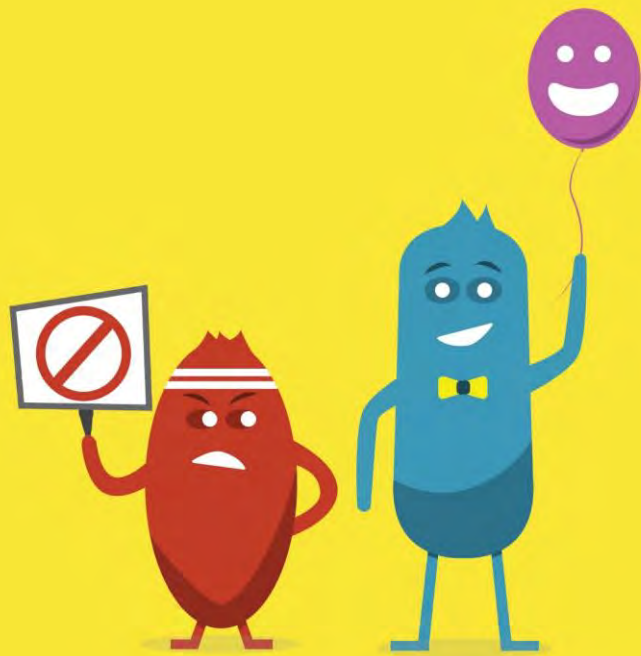


Proverbs 15:13

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

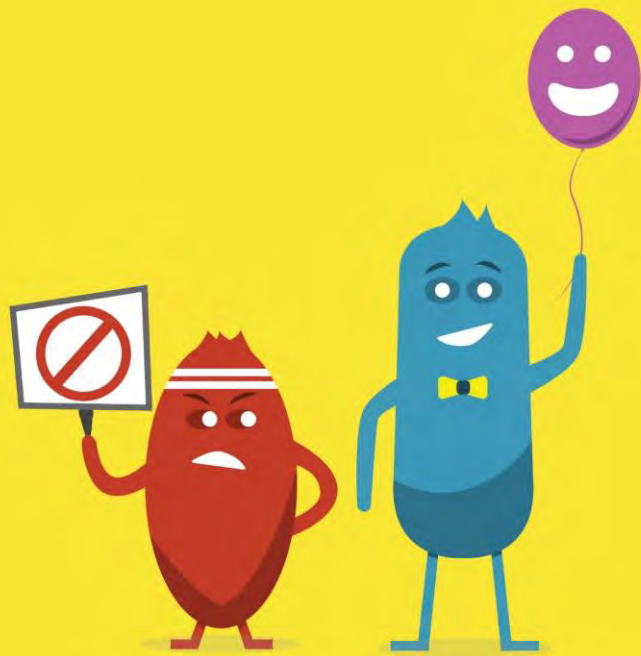


**STAY
POSITIVE**



GRATITUDE

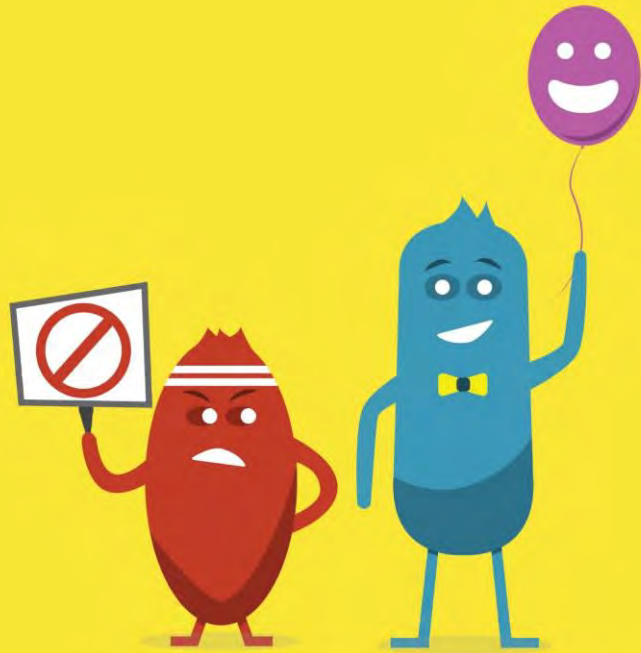
STAY POSITIVE



GRATITUDE



**STAY
POSITIVE**



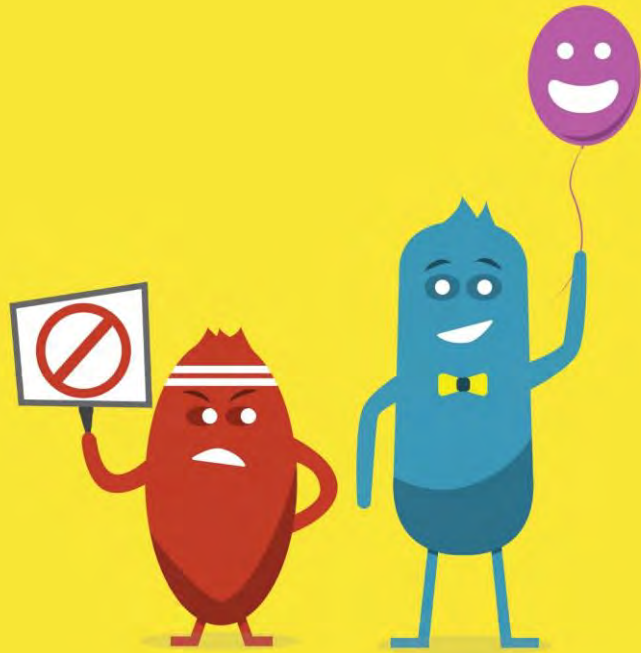
What you **feed**
grows and what
you **starve** dies.

Philippians 4:4

Rejoice in the Lord always. I will
say it again: **Rejoice!**



**STAY
POSITIVE**



χαίρω

chairō / rejoice

**STAY
POSITIVE**



χαίρω

chairō / rejoice

χάρις

charis / grace

STAY
POSITIVE



χαίρω

chairō / rejoice

χάρις

charis / grace

Philippians 4:5

Let your **gentleness** be evident
to all. The Lord is near.



Philippians 4:6

Do not be **anxious** about anything,
but in every situation, by prayer
and petition, with thanksgiving,
present your requests to God.



Philippians 4:6

Do not be **anxious** about anything,
but in every situation, by **prayer**
and petition, with thanksgiving,
present your requests to God.



Philippians 4:6

Do not be anxious about anything,
but in every situation, by prayer
and petition, with **thanksgiving**,
present your requests to God.



**STAY
POSITIVE**



<https://www.youtube.com/watch?v=qgeghXydmGE> &
<https://www.youtube.com/watch?v=ipNc7SOcHwg>

εὐχαριστία

eucharistia / **gratitude**

χαίρω

chairō / rejoice

χάρις

charis / grace

**STAY
POSITIVE**



Rejoicing and Gratitude
are not based on
circumstances, but on
the **Grace** of God.

Philippians 4:7

And the **peace** of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



Philippians 4:7

And the **peace** of God, which transcends all understanding, will **guard your hearts** and your minds in Christ Jesus.



NO JESUS NO PEACE

KNOW JESUS KNOW PEACE



Philippians 4:8

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.



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