



Sermon Outline
February 9, 2020
Pastor Bryan Myers

Complaining

Philippians 2:14-18

Two truths and a lie:

- * You're responsible for the way you use your _____.
- * How you use your mouth really isn't that _____.
- * The mouth is a _____ into your heart.

Matthew 12:36 - But I tell you that everyone will have to give account on the day of judgment for every empty word they have spoken.

Proverbs 18:21 - The tongue has the power of life and death, and those who love it will eat its fruit.

Luke 6:45 - A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart. For the mouth speaks what the heart is full of.

The Art of Complaining:

Complaining defined - to express dissatisfaction, discontentment, or displeasure with one's circumstances.

Most complaining today gets directed toward _____ problems.

Complaining leads to _____ complaining.

Paul's prescription to combat complaining:

1. He made sure Christ was at the _____ of his story.

Philippians 1:21 - For to me, to live is Christ and to die is gain.

Philippians 3:8a - What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things.

2. When he couldn't choose his circumstances, he knew he could still choose his _____.

- * Your circumstances might be beyond your control but your attitude _____.

Satan would love to get you to waste all your emotional energy focusing on what you have no control over so that you don't have the energy to deal with what you can control.

- * Paul constantly maintained an attitude of gratitude.

Philippians 4:6 - Do not be anxious about anything, but in every situation, by prayer and petition, with **thanksgiving**, present your requests to God.

- * There are two sources of energy for your mental state: gratitude or _____.

It's almost impossible for the seeds of depression to take root in a _____.

- * Gratitude needs to be in charge of your attitude.

3. Learned _____.

Philippians 4:11b & 13 - I have learned to be content whatever the circumstances...I can do all this through Him who gives me strength.

- * Contentment isn't having what you _____.
It's _____ what you have.

A New Nightly Ritual:

Each night before your head hits the pillow, pause and ask yourself on a scale from one to ten, how grateful have I been today? If the number is low, pile on some gratitude before you pile up some Z's.