

## The Habit Wheel

### Complaining

Complaining is a habit that we have turned into a lifestyle and for some it fits us well.

#### Psalm 118:24

For some of you, your day starts out like a one a day vitamin, always complaining.

Vitamins are supposed to keep you healthy, complaining steals and **ROBS** your joy, peace, and hope.

#### Psalm 118:25-27

Complaining is like saying God I love you, but I don't trust you.

#### Proverbs 18:21

Your words prophecy your future.

Is it always storming in your life? Maybe because you are speaking it by always complaining and murmuring.

As a child how many times did you hear; **Stop grumbling, Stop whining** and do what you are told? Complaining is the grown-up version of whining.

We use complaining as a way to connect with someone almost like an icebreaker or a way to find common ground.

Nothing unites people quite like a common dislike or frustration, right?  
And yet complaining is a poor way to connect with people.

#### Your Complaining Levels

- It's warm outside, yup but it's still real cloudy.
- My food is always cold.
- My coffee is not the right temperature.
- My car is a piece of junk.
- I hate having to stop at this stop light in Siren.
- My boss is a jerk.
- I hate it when it's cold outside, and I hate it when its hot outside.

Are you finding things to complain about because your unhappy or mad, or ungrateful and sad?  
You pick your poison.

**Numbers 11:1**

Complaining will keep you from your promise land, your dreams, and desires.

Complainers are unaware of how they are negatively affecting others.

Complaining is like vomiting, you might feel better after you get it out, but you make everyone around you sick.

When you are always complaining you make yourself always the victim instead of the victor.

Complaining is like bad breath, you notice it when it comes out of someone else's mouth but not when it comes out of your mouth.

Complaining can also be contagious, you get disgruntled complainers, and it won't be long before it spreads to someone close to you.

**I Thessalonians 5:16-19**

We quench the Spirit of God within us by always complaining, murmuring and being ungrateful.

If we would pray more instead of complaining more, you will find fulfillment and joy.