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MESSAGE APPLICATION Guide

My BIG FAT Mouth Week 1 - Complaining

ICE-BREAKER:

Has your mouth every gotten you in trouble? Are you willing to tell about your experience?

What do you tend to complain about the most?

READ: *"Moses also said, 'You will know that it was the LORD when he gives you meat to eat in the evening and all the bread you want in the morning, because he has heard your grumbling against him. Who are we? You are not grumbling against us, but against the LORD.'" - Exodus 16:8 (NIV)*

DISCUSS:

How would it change your view of complaining if you viewed your grumbling and complaining as being against God?

READ: *"Do everything without complaining and arguing, so that no one can criticize you... But I will rejoice even if I lose my life, pouring it out like a liquid offering to God, just like your faithful service is an offering to God. And I want all of you to share that joy. Yes, you should rejoice, and I will share your joy."*

**- Philippians 2:14, 17-18
(NLT2)**

What needs to change most, your circumstances or your perspective?

How could you, like Paul, flip your perspective about the struggles you're facing?

APPLY IT:

What needs to change for you to make Jesus the center of your story?

In what situations do you need to make a conscious effort not to complain this week?

Are you willing to declare this to be a complaining-free week, then report back to the group about how things went?