



My Big Fat Mouth “Complaining”

Look Back – Care, Praise, Loving Accountability, Vision – 20 mins **(Because this is the first week use this time for everyone to get to know each other. Use the icebreaker “2 truths and a lie” to get the ball rolling. Each person has to tell 2 truths and 1 lie. Everyone has to guess which is the lie)** This is a time to see how everyone’s week was. Were they successful in the previous week’s goals? Were they unsuccessful? It’s also a time to pour vision into your group. Give them the why behind things we are doing church wide.

-How did it go last week?

Look Up – New Lesson (Biblical Teaching), What does the Bible say? Practice – 20 mins

- What do you complain about most?
- What’s the most menial thing you complain about?
- Read Exodus 16:8 **(Set up- the Israelites had been complaining about their current conditions. They even went so far as to say they would have been better off staying slaves in Egypt- v.3. God heard their complaints and provided everything they needed.** How would it change your view of complaining if you knew God was the end recipient?
- Read Philippians 2:17-18 **(Remind your group of Paul’s circumstances while writing this letter. He has been placed under house arrest in Rome. While this prison sentence is not as harsh as others- 2 Timothy- he still has had his freedom removed)** What do you think the writer, Paul, is trying to say here?
- Do you more often need to change your circumstances or your perspective?
- Read Philippians 1:12-13. How could you, like Paul, flip your perspective about the struggles you’re facing?
- What are some blessings you haven’t been grateful for lately? How can you regularly turn these blessings into gratitude toward God?

Look Forward – Set Goals (For Accountability), Commission and Pray – 20 mins

In light of what the Bible says, what are you going to do this next week?

Declare a complaining-free week. Report back to each other throughout the week about how it's going.

God, You are so good to us. We have so much to be thankful for. You made us. You saved us. You love us. Help us to see all the blessing in our lives. Teach us to turn our struggle into rejoicing. We can pray this way because of You and what You've done through Jesus. Amen!