

# REDISCOVERING JOY

## Enjoying the Rest of My Life

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February 07, 2010

FBC Port A

**PHILIPPIANS 2:14-15 NIV** *"Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe."*

### I. FOUR COMMON TYPES OF COMPLAINERS

#### 1. THE "WHINER": DAVID

**Psa 73:13 NLT** *Did I keep my heart pure for nothing? Did I keep myself innocent for no reason?*

**Mat 20:11-12 NLT** *When they received their pay, they protested to the owner, 'Those people worked only one hour, and yet you've paid them just as much as you paid us who worked all day in the scorching heat.'*

#### 2. THE "MARTYR": MOSES

**Num 11:11-15 NLT** *And Moses said to the LORD, "Why are You treating me, Your servant, so harshly? Have mercy on me! What did I do to deserve the burden of all these people? Did I give birth to them? Did I bring them into the world? Why did You tell me to carry them in my arms like a mother carries a nursing baby? How can I carry them to the land You swore to give their ancestors? Where am I supposed to get meat for all these people? They keep whining to me, saying, 'Give us meat to eat!' I can't carry all these people by myself! The load is far too heavy! If this is how You intend to treat me, just go ahead and kill me. Do me a favor and spare me this misery!"*

#### 3. THE "CYNIC": SOLOMON

**Ecc 1:2-4, 9 NLT** *"Everything is meaningless," says the Teacher, "completely meaningless!" What do people get for all their hard work under the sun? Generations come and generations go, but the earth never changes... (9) History merely repeats itself. It has all been done before. Nothing under the sun is truly new.*

#### 4. THE "PERFECTIONIST": SOLOMON

**Pro 27:15 NLT** *A quarrelsome wife is as annoying as constant dripping on a rainy day.*

**Pro 21:19 NLT** *It's better to live alone in the desert than with a quarrelsome, complaining wife.*

### II. HOW TO CONQUER COMPLAINING

#### 1. ADMIT IT IS A PROBLEM!

**Pro 28:13 NLT** *People who conceal their sins will not prosper, but if they confess and turn from them, they will receive mercy.*

#### 2. ACCEPT RESPONSIBILITY FOR MY OWN LIFE!

**Pro 19:3 NLT** *People ruin their lives by their own foolishness and then are angry at the LORD.*

#### 3. DEVELOP THE ATTITUDE OF GRATITUDE.

**1Th 5:18 NLT** *Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.*

**Php 4:11 NLT** *Not that I was ever in need, for I have learned how to be content with whatever I have.*

#### 4. LOOK FOR GOD'S HAND IN CIRCUMSTANCES.

**2Cor 4:17-18 NLT** *For our present troubles are small and won't last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don't look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.*

#### 5. PRACTICE SPEAKING POSITIVELY.

**Eph 4:29 NLT** *Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.*

**Eph 6:4 NLT** *Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord.*

**Php 2:14-15 NLT** *Do everything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.*



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A man wearing a yellow patterned short-sleeved shirt, blue jeans, and a black baseball cap stands in a lush green field. He has his arms raised in a gesture of joy or praise, with his mouth open as if shouting or singing. The background is a clear blue sky with several blue star-shaped graphics scattered across it. The overall mood is one of happiness and freedom.

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