

From Pastor Ed: The 21 Day Wesley Challenge

This is day 11! How's the week going?

Daylight Savings Time returns this week, so remember to **SPRING** your clock forward before going to be this Saturday!

After worship we will have our second OT session!

Day Eleven Question Eleven

Do I grumble or complain constantly?

Consider the following: Philippians 2:14-16

Are you a constant complainer? It's easy to find out: ask the people around you. When we complain, we think we are just making observations about reality. But constant complaining creates an alternative reality that leads us to shirk responsibility and blame others for our discontent. Wesley called us to ask ourselves and one another this question so that we can replace negative with positive thoughts, and start developing new habits marked by hope and optimism.

- Do you think you are optimistic or pessimistic by nature? What kind of feedback have you received from people in your life about this aspect of your personality? Do you believe it is possible to reframe your approach to circumstances to view them in a positive vs. negative light? What could help you do this?
- Think about any constant grumblers you know. What choices might be driving their negative outlook? Who do you know who is consistently a "glass half-full" person? Observe closely what decisions and practices seem to help them live their lives this way. When have you made a conscious decision to be more positive about a particular situation, or about your life overall?

Prayer: Holy God, you always work for my good. May I honor you by avoiding complaining and replacing it with rejoicing, even when things do not go my way. Amen.

Day Eleven devotional Eleven: (Thanks to Ed Powell)

"5 Things To Do Instead Of Complain"

I've been speaking to a lot of organizations around the country and one thing I keep hearing from leaders and employees is that complaining is at an all-time high. I'm not surprised. There are usually two main reasons why we complain.

1. We complain because we feel powerless.
2. We complain because it's a habit. The economy has shaken a lot of people's foundations and we feel powerless which leads to a rise in habitual complaining.

But complaining isn't something new. Think about the Israelites who had spent years as captive slaves and within a short time of being freed they start complaining. They complained about being hungry. They complained about not having enough water. They complained about living in the wilderness. They even said it would be better to be back in Egypt as slaves rather than be free in the desert. Four hundred years of slavery, and they didn't appreciate the freedom and blessing they have been given.

Here's the thing, God doesn't want us to be complainers, He wants us to live with a spirit of joy and thanksgiving.

"Now when the people complained, it displeased the Lord..." – Numbers 11:1 (NKJV)

"Do all things without complaining and disputing..." -Philippians 2:14 (NKJV)

So today I want to encourage you to adopt a No Complaining Rule and go on a complaining fast. Not because it will make everyone around you happier, although it will, but because it will help you experience more of the peace and joy that God wants for you, and it will help you build strong, positive relationships with others.

Believe me; I know a lot about complaining. I use to be a professional complainer and found that it not only sabotages your happiness but the morale of your team and family.