



POSITIVE

6.21.20 - Part 2: The Cure for Complaining

Be cheerful with joyous celebration in every season of life. Let joy overflow, for you are united with the Anointed One! Let gentleness be seen in every relationship, for our Lord is ever near.

*Don't be pulled in different directions or worried about a thing. Be saturated in prayer throughout each day, offering your faith-filled requests before God with overflowing gratitude. Tell Him every detail of your life, then God's wonderful peace that transcends human understanding, will make the answers known to you through Jesus Christ. **Philippians 4:4-7 TPT***

GATEWAY TO CHANGE

- The cure to complaining is _____.

A glad heart makes a cheerful face, but by sorrow of heart the spirit is crushed.

Proverbs 15:13

- Gratitude is the gateway to _____.

Rejoice in the Lord always; again I will say, rejoice. Let your reasonableness be known to everyone. The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything

BRINGING IT ALL TOGETHER

- The Greek word for *rejoice* is the word _____; it means “to be glad.”
- The root word for *chairō* comes directly from the word *charis*, meaning “_____ and unmerited favor.”
- *Anxious*, in the original Greek language, means “to be _____ in many directions.”
- Peace, or *arene*, means “to be _____; to be complete.”
- Knowing _____ is knowing _____.

GOING DEEPER QUESTIONS

- How often do you find yourself complaining? How do you think complaining or negative thinking affects you?
- Read Philippians 4:4-7. How would your life be different if your heart and mind were always guarded by God’s peace?
- How can you start practicing gratitude this week?
- Consider starting one of the *Positive Bible plans*: www.go2.lc/staypositive