

"SIMPLY HAPPY"

Week 4

KEY PASSAGES:

John 15:11 "I have told you this so that my joy may be in you and that your joy may be complete."

Hebrews 12:2 For the joy set before him he endured the cross, scorning its shame...

Philippians 2:14 (NIV) Do everything without grumbling or arguing.

Philippians 2:14 (AMP) Do all things without grumbling and faultfinding and complaining, and without questioning and debating--both against God and among yourselves.

Exodus 2:23-25 The Israelites groaned in their slavery and cried out, and their cry for help because of their slavery went up to God. God heard their groaning and he remembered his covenant with Abraham, with Isaac and with Jacob. So God looked on the Israelites and was concerned about them.

Psalms 6:3,6 My soul is in deep anguish. How long, Lord, how long? ...I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears.

Numbers 14:2 All the Israelites grumbled against Moses and Aaron, and the whole assembly said to them, "If only we had died in Egypt!"

Psalms 106:25 They grumbled in their tents and did not obey the Lord.

James 5:9 Don't grumble against one another, brothers and sisters, or you will be judged. The Judge is standing at the door!

Numbers 11:4-6 Some troublemakers among them wanted better food, and soon all the Israelites began complaining. They said, "We want meat! How we remember the fish that we used to eat in Egypt for free! And the cucumbers, melons, leeks, onions, and garlic! But now we can't stand it anymore, because there's nothing in front of us except this manna."

Numbers 11:10,18-20 The Lord became exceedingly angry... The Lord heard you when you wailed, "If only we had meat to eat! We were better off in Egypt!" Now the Lord will give you meat, and you will eat it. You will not eat it for just one day, or two days, or five, ten or twenty days, but for a whole month—until it comes out of your nostrils and you loathe it—because you have rejected the Lord, who is among you, and have wailed before him, saying, "Why did we ever leave Egypt?"

Romans 12:2 be transformed by the renewing of your mind...

Proverbs 4:23 (NIV) Above all else, guard your heart, for everything you do flows from it

Proverbs 4:23 (ERV) Above all, be careful what you think, because your thoughts run your life.

Philippians 4:8 whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

QUESTIONS:

1. Name one thing--the smaller and more insignificant the better--that you tend to complain about often.
2. Share a time when you remember being energized & uplifted by being in an environment of gratitude & joy. Then, share a time you were drained & dragged down by being in an environment of complaining & negativity.
3. Can you identify a time where your complaining and critical spirit negatively affected others?
4. Talk about the difference in the Old Testament between groaning (Ex. 2:23-25, Ps. 6:3,6 above) and grumbling (other OT verses) as you understand it.
5. Why do you think grumbling, complaining and faultfinding is such serious business to God?
6. Quote from a counselor: "We tend to believe that whatever mood we're in controls our thoughts, which then affects our actions. This lets us blame unsavory behavior on a passing mood. But that's not how it works. It's actually our thoughts that control our mood, not the other way around. Our thoughts control mood, and then mood affects behavior." Talk about how that quote connects with Romans 12:2 and Pro. 4:23 above.
7. Read Phil. 4:8 above, then pray together about ways you can go to battle with the habit of complaining in your thought life.