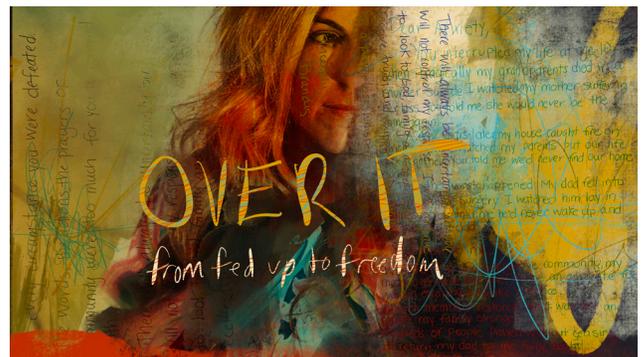




GROUPS AT CROSS POINT

BREAKING THE ICE

1. If your house were on fire, what are the three things (not people) you would try to save and why?
2. What was your best/worst boss like?



MAIN CONTENT

Over the last few weeks, we've talked about getting over shame, insecurity, worry and resentment. All things that hold us back from the life that God wants us to have.

1. Which one of these topics has been the hardest to 'get over'? Which one has seemed easier?
2. Last week we spoke about resentment. Did you talk to God about getting over resentment this past week? If so, what did He reveal to you and what happened with your resentment?

This week we had Annie F. Downs speak to us about getting over complaining. It's easy to complain about things that we don't like but not complaining about things is what can set us, Christ-followers, apart from other people. If we want to be different, as a follower of Jesus, we can't spend our lives complaining like other people do.

Read Philippians 2: 14-15.





GROUPS AT CROSS POINT

MAIN CONTENT

3. How much do you tend to complain? Are you a secret complainer, a social media complainer, complain to those close to you, only complain to God or keep it all in?

As we work to get over our past shame, comparison issues and complaining, it will set us apart. It sets us apart because we can trust in the One true God that can help us be better and more like Him.

When we complain, it has a negative physical impact on our lives and a negative impact on the people around us. There's a chance that if you don't know a complainer in your life, you are likely the complainer.

4. Have you ever asked anyone if you are a complainer? If so, what happened? Are you willing to ask someone about your attitude to see if you are a complainer?

We are all entitled to our own opinion and we are entitled to feel. It's what we do with those opinions and feelings that make a difference. We can choose to complain and do nothing or we can choose to pray, wait, and see what God would have us do with those feelings. You never know...you may be the answer to how God wants to heal a situation.

So, how do we get over complaining?

When something happens that you don't understand and don't like, ask yourself three questions:

- + Is **this** really the problem?
- + Is **this** the solution to the problem?
- + Are you sure **this** is the end of the story?

When you slow down and ask "Is this really the problem?" or "Am I just inconvenienced?", you can catch what the real problem may be. Ask yourself if the problem you see is really the problem you are dealing with.





GROUPS AT CROSS POINT

MAIN CONTENT

5. Describe a time where you were frustrated and complaining about a problem that really was just an inconvenience. Describe how you could have changed your perspective from it being a real problem to something that inconvenienced you?

When we stop and seek the solution to the “problem,” we may have actually solved the “problem.” God doesn’t ask us to not have opinions or feelings, He made us to have feelings; it’s those feelings that can help bring justice to a situation if we handle it the correct way.

Getting on social media and complaining is probably not going to help the situation but going to God in prayer and asking Him how you can help with a solution to the problem should produce a better result. When we slow down and take our time with God, to help guide us to the answer, we look different and He gets the glory.

6. Describe a time where you were complaining about something but found a resolution to the problem? How did you find the resolution? Did you invite God to be a part of the situation?

Read Philippians 2:14-15 in the Message version of the Bible.

We have the opportunity to give people a glimpse of God. But if we continue to complain, we won’t be giving them the best glimpse of who God is. We have to learn to trust Him with our lives and our complaints.

The last question we ask ourselves in our situation is, “Are you sure this is the end of the story?” What if God has something else He wants to show us in our situation? What if He has a plan but we haven’t asked Him to step into our story and show us redemption?





GROUPS AT CROSS POINT

MAIN CONTENT

When we have complaints, we need to send them to God to see what He can do. We need to open our hearts to let God in and tell Him how we feel.

When we have a complaint with God, we should take that complaint to God.

7. How often do you go to God in your situation? How have you seen Him move in your story?

God wants to be a part of our story. When we invite Him into our pain, we can see changes we would have never seen. We just need to be still, pray and ask Him the way.





GROUPS AT CROSS POINT

PRAYER

Father God,

We know you want the best for us even if we can't see what that is. Will you please guide our hearts and direction? Show us the answer to our situations. Will you show us when we need to move or when we need to sit and wait on you? Will you help us not complain but to go to you to be a part of the redemption story, in Jesus name, Amen.

ACTION STEP

Read John 11 this week. Take some time to think about what happens in the passage and how Jesus reacts to the situation of Mary and Martha. Come back next week with what you feel like God showed you in the situation where Mary and Martha came to Him with their complaints.

