



# DISCUSSION GUIDE

THIS WEEK: From Grumbling to Gratitude - Phil. 2:12-15, I Thess. 5:16-18

## GETTING STARTED

What's a typical situation you find yourself in where you are tempted to grumble and complain?

How do you respond when you are around people who are complaining?

## QUESTIONS FROM THE MESSAGE

- What is at the core of a complainer's heart?
- The Psalmists and several other characters in the Bible often complained to God. Is this OK and does it fit with Paul's exhortation to do "everything without complaining?"
- What are the differences between complaining, constructive criticism, and critical thinking?
- Do you know people who are not happy unless they have something to complain about? What seems to be the deeper issue in their life?
- In your words, what is the difference between joy and happiness?

## EXPLORE THE PASSAGES [Philippians 2:12-15, I Thessalonians 5:16-18]

- What is our part in salvation and what is God's? (Phil. 2:12-13)
- Why does Paul use the words "deep reverence and fear" as it relates to obeying God? (Phil. 2:12-13)
- What reason does Paul give for doing everything without complaining? (Phil. 2:14-15)
- How does not complaining relate to shining as a light in this dark world? (Phil. 2:15)
- What is the connection between joy, prayer and giving thanks in all circumstances? (I Thess. 5:16-18)
- What does Paul mean by "all circumstances" and what does that include? (I Thess. 5:18)

## APPLICATION

- What category does the majority of your complaining fit under: just or unjust?
- Has complaining become a comfortable mode of communication in some of your relationships? How can you help change that?
- What are some areas in your life you can choose to be grateful this week instead of complain?
- Take time to pray for one another.