

## Have a complaint?

I heard a survey this week that concluded that we complain on the average 20 times per day. Think about that for a minute. Think about what complaining you have done in the past day, or even today. We are several hours into today already, have you complained today?

Complaining has been described as the "lowest form of communication". It is described as such since it requires no facts, no reality. Only perception and feelings are necessary to complain. I suppose there are cases when we decide to complain about subjects of truth, but why? Is there any good that comes from it? Does it make any difference? Are there any health benefits to complaining? No, there aren't any health benefits that can be attributed to complaining. The greatest benefit can only be described in the well-known phrase, " the squeaky wheel gets the grease."

On the contrary, consider the benefits of a positive outlook. Health is better, relationships are better, self confidence improves, and inner peace is a reality.

A constant focus on the negative can obscure many of the joys of life, can dampen an attitude of gratitude, and can be experienced as an "energy drain" to others.

A life filled with habitual complaining has little to no room for praise.

The scripture tells us in **Philippians 2:14-18**:

<sup>14</sup>Do all things without grumbling or disputing; <sup>15</sup>so that you will prove yourselves to be blameless and innocent, children of God above reproach in the midst of a crooked and perverse generation, among whom you appear as lights in the world, <sup>16</sup>holding fast the word of life, so that in the day of Christ I will have reason to glory because I did not run in vain nor toil in vain. <sup>17</sup>But even if I am being poured out as a drink offering upon the sacrifice and service of your faith, I rejoice and share my joy with you all. <sup>18</sup>You too, *I urge you*, rejoice in the same way and share your joy with me.

Do all things without grumbling or disputing, so that you will prove yourselves to be blameless and innocent....., we aren't blameless and innocent on our own.

Colossians 1:22 teaches us that the only way we can be presented to God as Holy and Blameless is through the death of the fleshly body of Jesus Christ.

This scripture in Philippians tells us that through a life of praise and rejoicing vs. grumbling and disputing, we prove the blameless and innocence we have in Jesus Christ.

Our grumbling can literally mask and hide salvation from those around us that we love and care about.

Have a complaint?

We have so much reason to praise, and rejoice in Christ. We have so much to praise about, that we really don't have time to complain.

We are here at this time, this time of communion, to praise, to give thanks, and to say thank you Jesus. Thank you for your perfect life, thank you for your perfect ministry, thank you for your perfect love, thank you for your perfect sacrifice, thank you for the gift of forgiveness and eternal life.

**2 Corinthians 9:15**

Thanks be to God for His Indescribable Gift!!!

Prayer:

Heavenly Father, thank you for this time to pause, and to praise quietly and with thanks giving. We are so blessed by the gift of Jesus Christ, for His life, His death, and His resurrection. Thank you for these emblems that remind us of this event, the unleavened bread and fruit of the vine. Thank you for the shed blood that provides forgiveness of sin, and the hope of eternal life, at peace with you. God, forgive us of our sin, of our negative and complaining spirit at times. We love you, and thank you.

In Jesus' name, amen.