



**WE ARE A PEOPLE WHO LOVE TO
COMPLAIN.**

**SO BEFORE WE TALK ABOUT
BEING THANKFUL, LET'S ADDRESS
YOUR COMPLAINING HABITS.**

Open your ears and you'll find that complaining is an integral part of most people's daily exchanges. "For example, we use complaints as icebreakers," says Robin Kowalski, Ph.D., a professor of psychology at Clemson University. "We start a conversation with a negative observation because we know that will get us a bigger response than saying something positive would."

2 PRIMARY CATEGORIES OF COMPLAINING

- 1. INSTRUMENTAL**
- 2. EXPRESSIVE**

INSTRUMENTAL

Instrumental complaints are goal oriented, meaning that we verbalize the problem in hopes of bringing about change.

"This food is undercooked. Can you replace it?"

EXPRESSIVE

Expressive complaints have a different mission: to let the speaker get something off her chest.

"I can't stand Gangnam Style."

DESTRUCTIVE COMPLAINING

Some people abuse expressive complaining, grumbling incessantly with no real interest in dialogue, problem solving, or human connection.

**DESTRUCTIVE COMPLAINING
PUTS THE FOCUS SOLELY ON
YOURSELF - NOT TOWARDS A
SOLUTION, OR CONTRUCTION.**

SIMPLY SELFISH INDULGENCE.

OPPOSITE OF GRATITUDE

**GRATITUDE.
Thankfulness.
Appreciation.
Gratefulness.**

1 THESSALONIANS 5:16-18

Rejoice always,
pray continually,
give thanks in all circumstances;
for this is God's will for you in
Christ Jesus.

God's Will For You

This is God's will **for you** in Christ Jesus.

1. Rejoice Always
2. Pray Continuously
3. Give thanks in all circumstances

We always search for God's will. Where to go. What to study.
But here God explains part of his will for us -- his desire for our lives In Christ Jesus



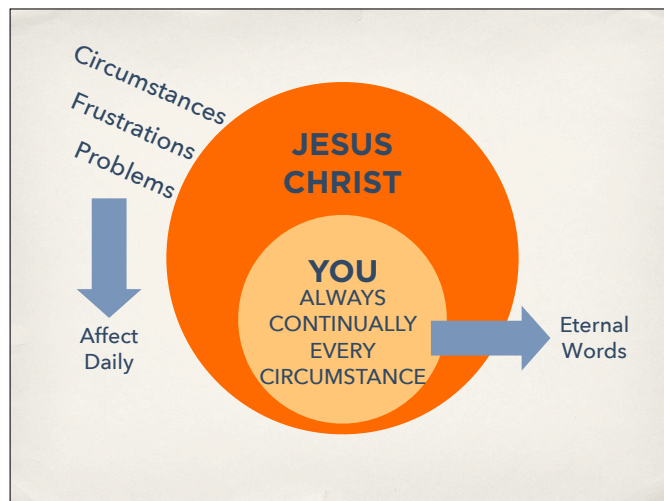
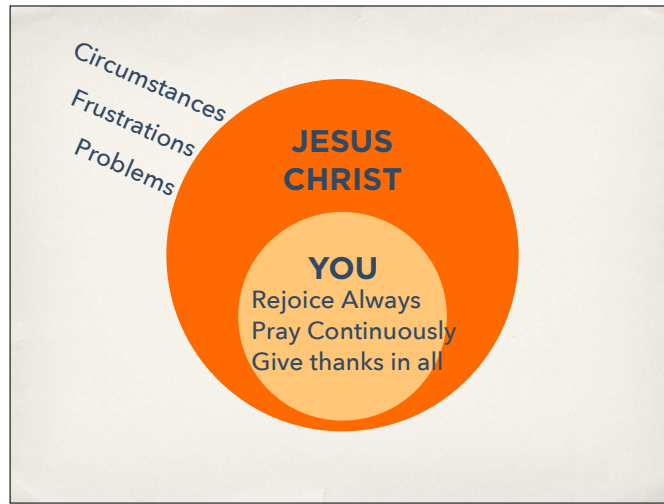
God's Will FOR YOU
You IN JESUS CHRIST

In other words, unless you are in Jesus Christ, you will struggle to do this
Rejoicing Always
Praying Continuously
Giving Thanks in All.



God's Will FOR YOU
You IN JESUS CHRIST

In other words, unless you are in Jesus Christ, you will struggle to do this
Rejoicing Always
Praying Continuously
Giving Thanks in All.





In other words -- as you face the circumstances of your life, the frustrations of your situation, the problems in your day to day
What you do:

rejoice, pray, and give thanks

And when you don't think you can rejoice, pray or give thanks anymore,

you turn to Jesus and ask him to give you the strength to rejoice, pray, and give thanks.

You're circumstance might not change, but your attitude towards it will.

And this is what God is more interested in -- your character, your attitude, your heart, soul, mind -- and yes, he may change your situation afterwards.

Being & resting in Christ changes how we face those circumstances.

Instead of whining about our situations, we rejoice.

Instead of just outwardly venting, we cry out to God

Instead of complaining, we give thanks and are grateful.

1 THESSALONIANS 5:16-18

Rejoice always,
pray continually,
give thanks in all circumstances;
for this is God's will for you in
Christ Jesus.

**BEING IN CHRIST CHANGES
HOW WE FACE LIFE**

Being & resting in Christ changes how we face those circumstances.

Instead of whining about our situations, we rejoice.

Instead of just outwardly venting, we cry out to God

Instead of complaining, we give thanks and are grateful.