

# DISCUSSION GUIDE



August 10/13, 2017

## Breaking the Grumbling Spirit

**BIG IDEA:** It's really hard to grumble when your mouth is full of gratitude.

### GROUPS VISION

We believe life transformation happens when we engage with other people, with Jesus as our focus, and take next steps together. A next step is where we Ask, Listen, and Respond to take any action that advances our journey with Jesus.

### FOLLOW US



/vccgroups



@vccgroups

Valleycreek.org/vccsocial

### KEY VERSE

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

**1 Thessalonians 5:16-18**

### POTENTIAL NEXT STEP

Start a gratitude journal. Keep a daily record of all the things you have to be grateful for. Then thank God aloud for provision, relationships, possessions, opportunities etc..

Do you have a story of someone taking a next step?

Share with us at

[groups@valleycreek.org](mailto:groups@valleycreek.org)

### MAIN POINTS & SCRIPTURES

Grumbling is an ungrateful heart with a complaining mouth. Grumbling is common, but it carries significant consequences that we are often unaware of. **(Exodus 16:2-9)**

The consequences of grumbling:

1. **God takes grumbling personally.** When we grumble about a person or situation, it's a direct assault on God. **(Exodus 16:2, 8-9)** Grumbling challenges and questions God's character, goodness and love. It also grieves the Holy Spirit. **(Numbers 11:4-6, Ephesians 4:29-30)**
2. **Grumbling is a demonic spirit.** Satan was the original grumbler. He found fault with a perfect God in the perfection of heaven; he was never satisfied. Grumbling is the culture of the kingdom of darkness and gratitude is the culture of the kingdom of God. Grumbling is the natural response of the flesh, gratitude is a supernatural response of the Spirit.
3. **Grumbling will steal your destiny.** Grumbling cost the children of Israel forty years in the desert. Grumbling focuses on what is not; faith focuses on what will be. **(Numbers 14:2-4)** God will offend our minds to reveal and heal our hearts. **(John 6:60-61,66)** When we don't understand, we're tempted to grumble but the Father invites us to give thanks.

How to break a grumbling spirit:

- a) **Declare war on grumbling.** We must declare an all-out assault on the grumbling spirit. **(2 Corinthians 10:3-5)** God's will is for us to be grateful. **(1 Thessalonians 5:16-18)** We can't grumble and give thanks at the same time. An unthankful heart is an enemy of the will of God; we must refuse to allow it a place in our lives.
- b) **Surround yourself with faith-filled people.** Grumbling is infectious, gratitude is contagious. **(Numbers 11:4)** Gratitude lifts the environment and grateful people shift the atmosphere. **(Proverbs 13:20)**
- c) **Live your life.** Often we grumble as we look at what others have and forget to enjoy our own life. When we live to the full extent of our boundary lines we don't have time to grumble. **(Psalm 16:5-6)** God invites us to walk with Him, love the people in our lives, and be on mission with Him. God wants us to live within the unique boundary lines He has created for us.
- d) **Celebrate what is instead of complaining about what isn't.** We need to change our perspective, **(2 Corinthians 4:18)** look for something to be grateful about and surrender our minds and mouths to the Lordship of Jesus. **(Proverbs 18:21)** Begin to see problems as opportunities and challenges as invitations.
- e) **Repent.** Grumbling causes us to focus on the problems of earth instead of the provision of heaven. **(Matthew 4:17)** By repenting, we break off agreement and alignment with the kingdom of darkness and submit and surrender to the Lordship of Jesus. **(Jeremiah 1:10, Matthew 12:43-45)** We need to remove grumbling and replace it with gratitude.

### DISCUSSION

1. What is something in your life that overwhelms you with gratitude?
2. Who is a faith-filled person in your life who shifts the atmosphere? What do you love about them?
3. What is a challenge in your life that you can start seeing as an opportunity?
4. **What is the Holy Spirit saying to you? What is your next step?**