

# No Whining



## Memory Verse:

**14** 'Do everything without grumbling or arguing, **15** so that you may become blameless and pure, "children of God without fault in a warped and crooked generation." Then you will shine among them like stars in the sky...'

Philippians 2: 14-15

## Discuss

What bothers Jonah about how God treats sinful people?

How would Jonah's life change if he had been thankful and trusted God?

Have you ever complained about something instead of trusting that it was something God wanted you to do?

## Apply It!

What is something you tend to complain about, and how could you bring this to God with thanksgiving instead?

What are you going to do?

When are you going to do it?

Is there someone who can keep you accountable?

## The Takeaway:

**Building trust in God reduces complaining!**

## On your own:

Prayer doesn't always come easily. Sometimes we need help to know when to pray, how to pray and what to pray. This week, rather than complaining about our circumstances, let's bring them to God in prayer.

## Full Scripture

**Jonah 3: 10-4: 11**

### PRAYER METHOD

Write down something that bothers you on the left. Then write down something that is true about God on the right. Ask God to change your heart as you pray over what you've written.

God, I don't want to complain anymore. Help me trust you in this area of my life...

Thank you, God, for being...