

9 Habits of the Chronically Unhappy

Complaining

CONNECT

Do you think of yourself as a “complainier?” What aspects of life—big or small—are you most likely to complain about?

DISCUSS

Have someone read Philippians 4:8–13. As you listen, are there any words or phrases that especially strike you? What questions come to your mind about what it says? Is there anything that is confusing? Encouraging?

⁸ Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. ⁹ Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you. ¹⁰ I rejoice in the Lord greatly that now at last you have revived your concern for me; indeed, you were concerned for me, but had no opportunity to show it. ¹¹ Not that I am referring to being in need; for I have learned to be content with whatever I have. ¹² I know what it is to have little, and I know what it is to have plenty. In any and all circumstances I have learned the secret of being well-fed and of going hungry, of having plenty and of being in need. ¹³ I can do all things through him who strengthens me.

1. Christian especially highlighted verse 11–13. Let’s take a look at each verse:
 - Verse 11: Paul says he has “learned” to be content with his circumstances. How can we “learn” a different way of seeing our circumstances?
 - Verse 12: Why does Paul mention the variety of circumstances he has had in his life when he speaks of the “secret” he has learned?
 - Verse 13: Paul says that the “secret” he learned is to live life “through Christ”: how does one do that?
2. How do verses 8–10 relate to the verses on learning the secret of being content?

PRAY AND PERSONALIZE IT

1. Think of the things you are most likely to complain about, and consider how you might see those things “in Christ.”
2. How might you “learn” how to be content “in Christ?”
3. Pray God would help our church to learn the “secret” of being content “in Christ.”