



UNDER THE INFLUENCE

It's no surprise that as our culture becomes worse at dealing with its pain in healthy ways, it's becoming better at complaining. Resist the urge to join the complaining crowd and instead SHOW THEM HOW to express their emotions in ways that actually bring healing and hope. Leave out the comparison, the entitlement and the misplaced blame and you'll be well on your way to looking more like Jesus.

Scripture:

Don't grumble about each other, brothers and sisters, or you will be judged. For look—the Judge is standing at the door!

James 5:9

Do everything without complaining and arguing so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.

Philippians 2:14-15

Ice Breaker and Intro Questions:

1. With the weather improving, have you done anything fun outside?
2. What resonated with you from Sunday's service? (Scripture, Song, Message, etc.)

Discussion Questions:

1. Chip shared that we live in a complaining culture. Without complaining, how have you seen this to be true?
2. "Habitual complaining, if unchecked, may turn you into 'an ouch looking for an injury.'" How can we catch ourselves falling into this trap?
3. Read James 5:9 and Philippians 2:14 together as a group. What about these passages challenge you? Why is this so difficult in our culture today?
4. Chip shared, "Talking out our frustrations and disappointments with those who upset you is part of a relationally mature Christian life." Has that been part of your experience - to go to a person who has upset you and talk about it? What are some healthy ways you can practice this?
5. Chip also shared three additives that move healthy sharing into complaining: comparison, ego and entitlement, and misplaced blame. Which one of these do you struggle with the most? How can you work to eliminate these additives?
6. What is one area of your life where you want to act differently this week - in the way you address disappointment and in the way you communicate? Pray over these areas as a group, asking God to help you shine like bright lights.

This Week:

- If you're using this discussion guide the week it is released, it's Holy Week - a week where the church remembers Jesus' final moments on earth. Spend time reading John chapters 13-20 and find ways to stay connected to Jesus this week.
- Prepare to celebrate Easter with us!
- Good Friday Prayer Experience is Friday, April 2nd
- Invite someone to join you for Easter! We've provided social media images that make it easy to share and invite.
- Service times and info are at www.wschurch.org/easter