

# OVERCOME

## OVERCOME GRUMBLING OVERCOME — Week 8

**ICEBREAKER:** What is the greatest invention the world has ever seen?

**OVERVIEW:** To grumble is to express discontent, displeasure, or dissatisfaction about another person behind their back. Grumbling is a forgotten vice — in America it is prevalent in and outside the church, and people don't realize that it is offensive to God and harmful to relationships. But God's word is clear: Do *everything* without grumbling. In this study we will dig deeper, looking at God's will regarding all speech, especially grumbling.

1. What insight, principle, or observation from this weekend's message did you find to be the most helpful, eye-opening, or troubling? Explain. (Or what was your key takeaway from Sunday's message?)
2. Proverbs is God's book of wisdom. Jot down what the following verses say about how you should use your words. Underline the references that relate to grumbling.
  - a. Proverbs 10:19 and 17:27-28.
  - b. Proverbs 10:21, 31.
  - c. Proverbs 12:18.
  - d. Proverbs 12:22.
  - e. Proverbs 13:3
  - f. Proverbs 15:1.
  - h. Proverbs 17:4 and 20:19.

3. Grumbling is the natural response to hurt, frustration, anger, and disappointment. Read Colossians 3:12-15. How does this passage say we should handle it when people rub us wrong?
4. Grumbling is done in secret; it is behind-the-scenes chatter; it is complaining about someone in their absence. According to Matthew 18:15, what should you do if you have a complaint against someone?
5. When are you most tempted to grumble? Who are you most tempted to grumble about? Why do you think this is the case? How might viewing grumbling or that person in a different light change your speech?
6. How should you handle it when someone grumbles to you about another person?
7. Should you confess your sin to the person you grumbled about, or should you confess it only to God? Explain.
8. Read Luke 6:43-45. If you struggle with grumbling about others, what does that say about the condition of your heart? If your words are the symptoms of your heart condition, what kind of cardio exercises can you do to help you overcome grumbling?
9. Read Colossians 3:17. How can you be a better representative of Christ with your speech?

*GRUMBLING IS AMERICA'S FIRST AND  
FAVORITE COPING MECHANISM.*