



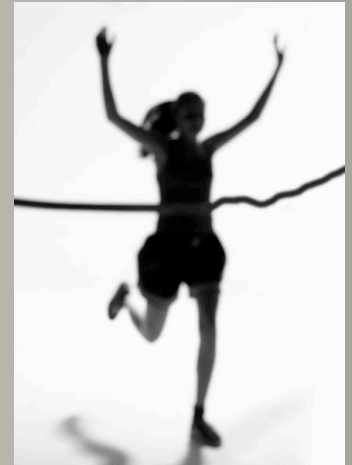
“TO HIM THAT
OVERCOMETH”



I count him braver who overcomes his desires
than him who conquers his enemies; for the
hardest victory is over self.

(Aristotle)

OVERCOMING
OURSELVES



OVERCOMING OURSELVES

**‘overcometh’ – Gr. ‘to conquer, carry off the victory,
come off victorious’**

II Pet.2:19-20

Overcome or be overcome

I Jn. 4:4

**‘greater is he that is in you,
than he that is in the world’**



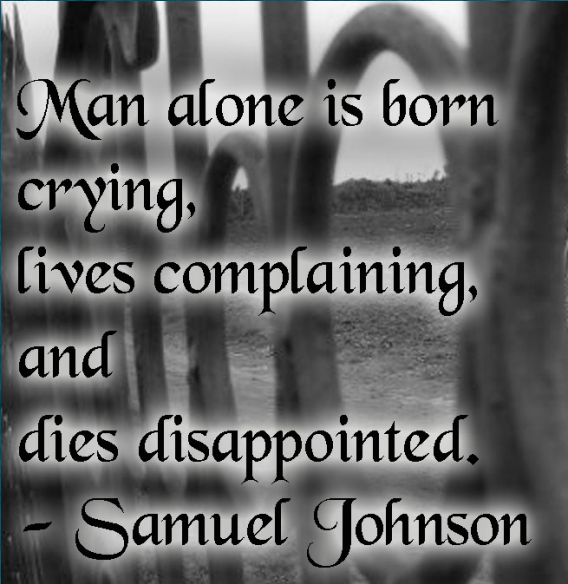
OVERCOMING OURSELVES

- 1. COMPLAINING**
- 2. PROCRASTINATION**
- 3. ANGER MANAGEMENT**
- 4. CONFLICT RESOLUTION**
- 5. THE SIN CYCLE**

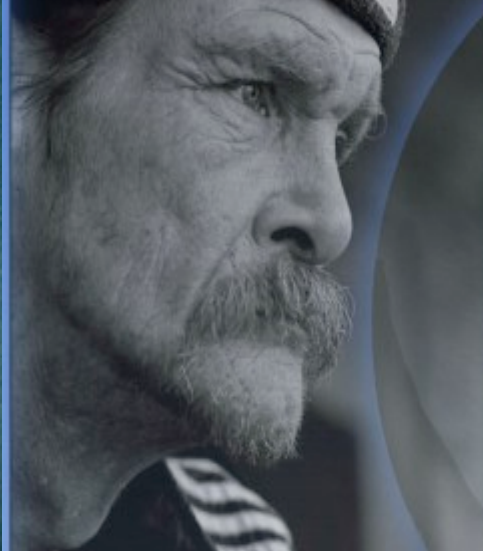
COMPLAINING

A CHRONIC CONDITION

**“Do all things
without murmurings”
Phil. 2:14**



Man alone is born
crying,
lives complaining,
and
dies disappointed.
- Samuel Johnson



Man invented
language to
satisfy his deep
need to complain.



COMPLAINING

DEFINITION

**Complain: (verb) 1: to express grief, pain or discontent
2: to make a formal accusation or charge**

----- Merriam Webster Dictionary

Old Testament

COMPLAINING

SCRIPTURAL DEFINITION

1. 'murmur' 3885 – 'to stop (usually overnight)--- to stay permanently, hence (in a bad sense) to be obstinate (esp. in words to complain)'

2. 'murmur' 7279 – 3X – Ps.106:25, Deut.1:27, Is. 29:24
'to whisper, backbiter' (BDB) 'to grumble, that is, rebel' (Strgs)

New Testament

1. 'murmur' 1111 – Gr. 'gonguzo' – 'grumble' (Strgs)
'to murmur, grumble, say anything against in a low tone' (Thay)
a) of the cooing of doves
b) those who confer secretly together
c) those who discontentedly complain

1. 'murmur' 3885 – 'to stop (usually overnight) --- to stay permanently, hence (in a bad sense) to be obstinate (esp. in words to complain)'

Joel 1:13 – 'lie all night in sackcloth'
Gen.31:54 – 'tarried all night in the mount'
Lev.19:13 – 'shall not abide ...all night'
II Sam.17:8 – 'will not lodge with the people'
Neh. 13:20-21 – 'why lodge ye about the wall'

Job 17:2 – 'doth not my eye continue (mgn – lodge)'
Job 19:4 – 'mine error remaineth with myself'
Ps.59:15 – 'and grudge if they be not satisfied' (mgn)
Prov.19:23 – 'he... shall abide satisfied' (+ve of above)

Jer. 4:14 'How long shall thy vain thoughts lodge within thee'

Ges. 'how long wilt thou harbour vain thoughts'

Physical

Emotional

Spiritual

Scriptural Definition → Root Cause

**When we are stuck in our
thinking is when
we complain!**

REPETITIVE NEGATIVE THINKING

Expresses itself unconsciously



COMPLAINING
(EAR POLLUTION)

Children of Israel

Num.14:22 – 10X

COMPLAINING

Chronic Complaining

#1 – Exodus 14

#2 – Exodus 15:22-27

#3 – Exodus 16

#4 – Exodus 17

#5 – Numbers 14

#6 – Numbers 16



v.2

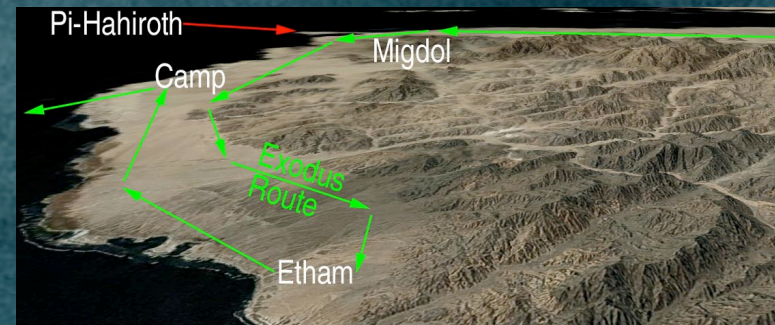
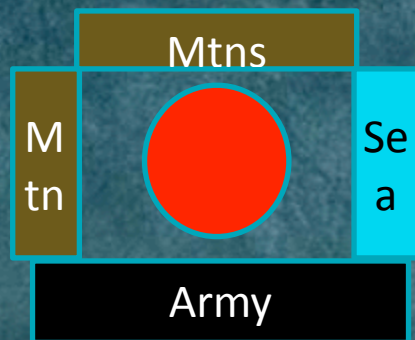
COMPLAINING

Children of Israel

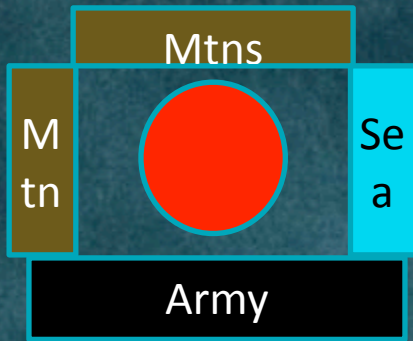
Complaint #1 – Ex.14:1-15

‘They are entangled in the land
the wilderness hath shut them in’

Ex.14:3



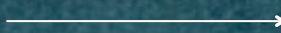
The Complaint v.10-12



Lodged thinking...

IT WAS BETTER IN EGYPT!

MOSES LEADERSHIP



'... STAND STILL ...' (v.13)

GOD's DIRECTIVE



'Wherefore criest thou unto me? Speak unto the children of Israel, that they go forward:' (v.15)

COMPLAINING

Children of Israel

Complaint #2 – Ex.15:22-27

- It only took 3 days – v.22!!!!
cp. Ex.3:18
- Found no water – Ps.63:1
- ‘murmured’ – Living by sense not
by faith.

Proved Them

Heb. ‘try, to test’

Deut 8:2,16

Deut 13:3

Prov.17:3

Ps.26:2

Mal.3:3

Jer.9:7

I Pet.1:6-7

...when we complain we fail the test!

COMPLAINING

Children of Israel

Complaint #3 – Ex.16:1-21

‘The LORD heareth your murmurings
which ye murmur’
v.2,7,8,9,12

Is.32:6 ‘vile person...utter error against the Lord’

Is.37:29 ‘thy rage is come up in my ears’

I Thess.4:8 ‘he that despiseth...despiseth God’

Backwards ~~Thinking~~ Exaggeration

‘Better for us to serve the Egyptians than die in the wilderness’ 14:12



‘...sat by the flesh pots and did eat bread to the full’ 16:3

FORGOT Ex.2:23

Backwards Exaggeration

“We can’t suppose that they had any great plenty in Egypt, how largely soever they talk now of the fleshpots ----- Discontent magnifies what is past, and villifies what is present without regard to truth or reason. None talk more absurdly than murmurers.” (MH)



COMPLAINING

Children of Israel

Complaint #4 – Ex.17:1-7

v.2 'chide with Moses'



Heb. 'strive, cry, shout, quarrel noisily'

Exhort – Complaining isn't a quiet process.

v.3 'murmured'

1. Frustrating to those around us trying to do right.

v.4, Num. 11:11-17

2. What we are really saying....

Is the Lord among us?



COMPLAINING

Children of Israel

Complaint #5 – Num.14:1-36

Complaining is Contagious

v.1-2 'all the congregation'
'all the children of Israel'
'the whole congregation'
MURMURED

Exhort – The insidious nature of a complaining spirit within the ecclesia. Discontent spreads like wildfire.
See v. 36-37

Backwards ~~Thinking~~ Action

‘Let us make us a captain, and let us return into Egypt’ v.4

Ezek.20:1-10 – neither did they forsake the idols of Egypt

Ezek.23:8,19,27 – whoredoms in Egypt

Heb.10:38-39-11:1 ‘...if any man draw back’ ---- Heb.11:15

II Pet. 2:20-22 – ‘if after they have escaped...are again entangled’

Heb. 6:4-6 – ‘it is impossible to renew them again’

They actioned their intentions to return. We can't keep looking back and expect that God will continue to move us forward.

Promised Land --- Forbidden

v.26-30

‘I have heard the murmurings’

‘Doubtless ye shall not come into the land’

**Complaining may prevent us
from entering the promised land!**

**We may get our wish to
return to Egypt!**





COMPLAINING

Children of Israel
Complaint #6 – Num.16 &17

Ambition & Pre-Eminence

‘what is Aaron that ye murmur
Against him’ 16:11

16:1-3 – COMPLAINT – ‘Why then do you exalt yourselves?’ (ESV)
WRONG – Heb.5:4

PRIDE – ENVY - AMBITION

Prov.13:10 – ‘only by pride cometh contention’
Wanted to take over priesthood – v.10

Diotrephes Mentality – III Jn.9 – ‘loveth to have the preeminence’

Moses calls Dathan & Abiram (v.12)

...and they REFUSE TO COME!!!

Matt.5:21-26, 18:15-17

TRIANGULATION

‘... gathered all the congregation against them ‘ (v.19)

They had talked the issue enough to amass a huge following!

Separate yourselves

Touch nothing of their's

Get you up

...the earth opened her mouth....**MURMURED AGAIN!!!**

v.41

Jude's Commentary on Korah – v.11-16

Spots in your feasts of charity

Clouds without water

Trees - withered fruit – twice dead – plucked by roots

Waves that foam out their own shame

Wandering stars

MURMURERS

COMPLAINERS

Walk after their own lust

Mouth speaketh great swelling words

Have men's person's in admiration

COMPLAINING

NT Instruction
John 6:41-43

Murmur not among yourselves

‘Stop grumbling and saying things
against me one to another’ (AMP)

Gr. Strgs. 1111 - ‘to grumble’

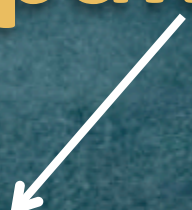
Thayer – ‘to murmur, mutter, grumble, say anything in a low tone’
‘those who confer together secretly’
‘of those who discontentedly complain’

➡ Undercurrent of unrest/dissatisfaction

COMPLAINING

NT Instruction
John 7:10-13

**‘Much murmuring...
but no man
spake openly’**



Thayer – ‘openly, frankly ie without concealment’
‘free and fearless confidence’
‘cheerful courage’
‘unreservedness in speech’

The Master’s Example – Jn.18:19-21!

‘I spake openly...in secret I have said nothing’

COMPLAINING

NT Instruction

Acts 6:1 – Ja.5:9

**‘Grudge not one
against another’**

Gk. ‘to sigh, to groan
within ourselves, inwardly’

‘to sigh or groan through impatience, fretfulness, ill-humour;
hence to murmur, find fault, complain --- grumbling’ (Barnes)

‘Professional grouchers’ H.Tennant

‘There are some persons who are always grumbling. They have a sour, dissatisfied, discontented temper; they see no excellence in other persons; they are displeased that others are more prospered, honoured and beloved than they are themselves; they are always complaining of what others do, not because they are injured, but because others seem to them to be weak and foolish; they seem to feel it becomes them to complain if everything is not done precisely as in their estimation it should be.’ (Barnes)

‘lest ye be condemned’

‘he does not condemn our forming an opinion of the conduct of others for it is impossible not to form an opinion of conduct that we know to be evil. But what he refers to is a habit of forming judgement hastily, harshly and without allowance for every palliating circumstance, and of expressing such an opinion harshly and unnecessarily when formed.’ (Barnes)



COMPLAINING

NT Instruction

Phil. 2:14

‘Be ever on your guard against a grudging & contentious spirit’ (Wey)

‘Do all you have to do without grumbling or arguing, so that you may be God’s children’ (Philips)

**‘Do all things without
murmurings & disputing’**

‘Do all things without disputing, wrangling, and debating one with another; because the light of truth ... is often lost in the heats and mists of disputation.’ (MH)

COMPLAINT FREE WEEK

CHALLENGE

To go the whole week without complaining!!!

Wristband Rules

Start with wristband on your right hand. Goal is to keep it on your right wrist for the duration of the week.

- 1. Every time you complain you must switch it to the other wrist.**
- 2. You may point out others complaints but you must switch your wristband as well.**