

Rejoice in the Lord: Murmuring

Day 1

Getting Started

Check out how this family decided to take on the grumbling and murmuring in their lives:

<https://www.focusonthefamily.com/parenting/how-to-reduce-grumbling-and-increase-gratitude/>

Verses: Philippians 2:14, James 5:9, 1 Corinthians 10:10

Prayer Topics: Attitude, Gratitude, Grace

Day 2

Stale

I was once quite surprised when I took a drink and gulped down watery, stale soda that had been sitting out since the night before. In the middle of a big

renovation project, I was working very hard to get things done. Old cups sat on the counter along with my new, fresh cup I had just poured. After walking away to complete a task, I returned to take another drink of my refreshingly caffeinated diet coke, and was shocked to get old, stale, nasty, warm and watered down disgusting-ness in my cup instead as I inadvertently grabbed the wrong cup. It was a very unpleasant surprise. We often have a similar experience in the spiritual realm as old grumbling which can feel very satisfying to participate in turns to bitterness as it ages. This is one of the great dangers of murmuring and grumbling. It can push out the remaining joy in your life over time and leave you with nothing but unpleasantness. How do you stop this process? Check out this great article:

<https://www.thegospelcoalition.org/article/starve-bitterness/>

Verses: Proverbs 17:9, Proverbs 26:20, Ephesians 4:29–32

Prayer Topics: Forgiveness, Compassion, Freedom

Day 3

Disappointment

One of the events in life that cause us to grumble or murmur is disappointment. When children experience disappointment, there is often an emotional outburst. When adults experience disappointment, the reaction is often quieter and more internalized, but sometimes even more damaging and

dangerous. How should we deal with disappointment? Check out this devotional to find out:

<https://corechristianity.com/resources/articles/the-sanctification-of-disappointment>

Verses: Isaiah 26:3, Romans 8:28, Mark 9:23

Prayer Topics: Contentment, Peace, Trust

Day 4

Despair

One of the long term effects of murmuring and grumbling is despair and depression. If we fail to address our negative outlook, it can become a permanent fixture of our life that steals the joy from everything we do and everything we have. Not all depression is from a habit of grumbling and murmuring, but grumbling and murmuring will lead to depression and despair eventually if you do not address it. I once had a family member who was a very difficult person, and when someone asked me to describe this person I replied that they were only happy when they were unhappy. Although it sounds like an impossible state, this is what happens when we do not address our grumbling. Grumbling becomes the old pair of jeans, the comfortable shoes,

our own bed after a long trip. It becomes what we are familiar and comfortable with, and when that happens we should be very concerned. It is important to address our murmuring and grumbling now, because every day we wait it becomes more difficult to deal with. If you have fallen into the trap of habitual grumbling and it is causing you to despair, check out this article:

<https://www.desiringgod.org/articles/how-to-fight-for-faith-in-the-dark>

Verses: Isaiah 41:10, Matthew 11:28, Philippians 4:6-7

Prayer Topics: Positivity, Joy, Faith

Day 5

Thanks to Sylvester Warsaw, Jr for our devotional today

In Genesis 19:26 is the account of Lot's wife looking back while God was rescuing Lot's family as He was overthrowing Sodom and Gomorrah. In Exodus 16 it's recorded that the whole congregation of the children of Israel complained against Moses and Aaron God's representatives while in the wilderness which in reality was a complaint against God. The tragedy is whereas God was being faithful to His covenant He made with Abram to give His people a land He has chosen for them many of them hearts remained in

captivity in oppression choosing death instead of life by looking back and not forward. Even while God was loving on them demonstrating His love through His power the sad reality is many people rather the familiar even when living under oppressive conditions because of a false sense of control and when the familiar is taken away people panic, losing hope, losing control which breeds complaints. Complaining against God means you're not satisfied because of not being in control yourself. Many people, even some claiming to be Christian have that Frank Sinatra mentality "I did it my way."

In Lamentations 3:37-39 we are told and warned against this: "Who is he who speaks and it comes to pass, when the Lord has not commanded it? Is it not from the mouth of the Most High that woe and well-being proceed? Why should a living man complain, a man for the punishment of his sins. I have a friend who says that God punishes us by allowing us to have our way. It pains the heart of God when people say they love Him with their mouths while their hearts are far from Him. In John 3:19 this is recorded, "And this is the condemnation that the light has come into the world, and men loved darkness rather than light, because their deeds were evil." Complaining is that inner rebellion of erroneous thinking you can do God's work of redemption better than Him. The position of complainers is that their backs are facing God instead of their eyes on God. The fact of the matter is we're all guilty of complaining therefore the question is do you know how to repent, do you live in the village of repentance? Living in the village of repentance isn't a weakness but a strength because you're acknowledging your need, your dependence for and on God. King David was a rascal but he knew how to repent that's why Acts 13:22 states, "And when He had removed him, He raised up for them David as king, to whom also He gave testimony and said, I have found David the son of Jesse, a man after My own heart, who will do all

My will.” Rebellion can only masquerade as obedience for so long because actions bear fruit.