

***NO
COMPLAINING
CHALLENGE***



TIME FRAME

01

02

03

04

DAYS

05

06

07

KEY SCRIPTURES

JOB 9:27

IF I SAY I WILL FORGET MY
COMPLAINT, I WILL PUT OFF
MY SAD FACE, AND BE OF
GOOD CHEER.

1 PETER 4:9

SHOW HOSPITALITY TO ONE
ANOTHER WITHOUT
GRUMBLING.

Besties can you go a week without complaining? We know you can do it! Yes, it is challenging, but we are more than conquerors through Christ Jesus (Romans 8:37). Who or what do you complain about the most? Let's place the magnified glass on the person or on that area.

***ARE YOU
READY?***

DAY #1

IDENTIFY: WHAT ARE 5 THINGS YOU COMPLAIN ABOUT THE MOST?

WHAT BOTHERS YOU ABOUT EACH OF THESE THINGS? GET SPECIFIC. LAY IT ALL ON THE TABLE. PRETEND YOU ARE IN A COUNSELING SESSION BECAUSE YOUR WONDERFUL COUNSELOR IS LISTENING!

SCHEDULE A TIME FOR PRAYER-YOU WILL BE PRAYING ON DAY #2

DAY #2

TODAY IS ALL ABOUT YOU

On an airplane the flight attendant goes over instructions in case of emergency. One thing they focus on is the oxygen mask. An important rule of survival is that you need to put your own oxygen mask on first before helping others put on theirs. It is important that you pray for yourself too. Many times we can get caught up in praying for others, that we forget to pray for ourselves. So, on today pray that God will soften your heart toward each thing you wrote down. Pray for a renewed perspective and outlook. Pray for understanding, empathy and anything else the Holy Spirit lays on your heart.

EXAMPLE OF A PRAYER

Thank you, God for seeing me and understanding me. Today I ask that you soften my heart toward the things that are troubling my heart. I ask you for a new perspective on each of these things and the ability to see things with my spirit rather than my flesh. In Jesus name.
Amen.

SPEAK LIFE

When the things you wrote down rise up against you and try to tempt you to complain, say something nice about the circumstance or about the person.

If someone comes to you with a complaint, begin to speak life into their situation.

You have the power to speak things as if they are even when they are not.

Romans 4:17

DAY #3

DAY #4

TIME TO ACKNOWLEDGE

Pray for each of the things listed. If you wrote down a person, ask God to give you his perspective on the situation and ask him to give you the patience to endure. See Galatians 5:22-23.

If you wrote down a circumstance, ask God to show you how to overcome this circumstance. Remember to always be led by the Holy Spirit. Romans 8:26

SCRIPTURE TIME! LET'S EAT!

Pick one of the key scriptures and SOAP it out.

JOB 9:27

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SOAP

S-Scripture| Write out the scripture in your
own words.

O-Observe| What do you see? What stands
out to you?

A-Application| How can you apply this
scripture to your life?

P-Prayer| Pray using this scripture.

What is the Holy Spirit speaking to you?

DAY #5

DAY #6

YOU ARE ALMOST THERE.

ONE MORE DAY!

BE PROUD OF YOURSELF!

HAVE YOU STAYED STRONG OR HAVE YOU RELAPSED? IF YOU COMPLAINED ITS OKAY BECAUSE GOD GOT YOU AND YOU CAN ALWAYS START AGAIN. DON'T BEAT YOURSELF UP!

How are you feeling so far in this challenge? What's new? What has God revealed? What have you learned about yourself?

DAY #7

BESTIE, YOU MADE IT!

It's time to reaccess!

Here are some reflection questions:

1. What was the most challenging part of this challenge?
2. What have you been set free from?
3. Go down your "complaint list" and write how you feel about each thing now.

Remember this challenge was to renew your mind. Feel free to write a new list of complaints and start this challenge again.

Remember you are destined to win because He got up!

LET'S GLEAN!

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