

## Whining, Griping, or Grumbling

### Questions to explore the heart:

Are you communicating (*talking, conversing, or speaking*) with a self-controlled voice?

How does God want you to communicate?

### Comment(s) or Correction:

Whining is an ungodly (*disrespectful, irreverent, or profane*) form of communication.

### Scriptures to memorize:

Don't use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them. Ephesians 4:29

And we are instructed to turn from godless living and sinful pleasures. We should live in this evil (*wickedness, sin iniquity, or immorality*) world with wisdom, righteousness, and devotion to God, Titus 2:12

A person without self-control is like a house with its doors and windows knocked out. Proverbs 25:28

But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things! Galatians 5:22-23

In view of all this, make every effort to respond to God's promises. Supplement (*increase, complement, or enhancement*) your faith with a generous provision of moral excellence, and moral excellence with knowledge, and knowledge with self-control, and self-control with patient endurance, and patient endurance with godliness, and godliness with brotherly affection, and brotherly affection with love for everyone. The more you grow like this, the more productive (*useful, helpful, valuable or constructive*) and useful you will be in your knowledge of our Lord Jesus Christ. 2 Peter 1:5-8

### Words of Encouragement:

God wants us to use self control, even with your voice.

*You may also want to use Discontent section too.*