

Sermon Notes

From Complaining to Thanksgiving

Philippians 2:14-15, 1 Thessalonians 5:18, Philippians 4:4-7

Being unthankful is really really bad for us

1. Complaining damages our brain

“Repeated complaining rewires your brain to make future complaining more likely. Over time, you find it’s easier to be negative than to be positive, regardless of what’s happening around you. Complaining becomes your default behavior, which changes how people perceive you. And here’s the kicker: complaining damages other areas of your brain as well. Research from Stanford University has shown that complaining shrinks the hippocampus – an area of the brain that’s critical to problem solving and intelligent thought. Damage to the hippocampus is scary, especially when you consider that it’s one of the primary brain areas destroyed by Alzheimer’s.” – Entrepreneur, Sept 2016

2. The more you complain the more of a habit it becomes. Your brain actually changes.

- Ephesians 4:29, 5:4

3. Complaining blinds us from seeing what God is doing.

- Numbers 14:27, Isaiah 40:27-31

We are to be radically thankful

Colossians 3:15-17, Philippians 4:6, Colossians 4:2, Psalm 95:2, 1 Timothy 2:1-2, 1 Thessalonians 5:18, Daniel 6:10, Psalm 34:1-3 1

We are not to just be thankful we are to give thanks

Thessalonians 5:18, Luke 17:11-18, Romans 1:21, Ephesians 5:20, Colossians 3:17

What if you woke up today with only the things you thanked God for yesterday?