

**Change Your Words, Change Your World!  
When You Complain You Remain!  
Episode #241**

**Wednesday, January 14, 2026**

- **Numbers 14:27** “How long must I put up with this wicked community and its complaints about me? **Yes, I have heard the complaints** the Israelites are making against me.”

**Why Complaining Keeps You "Stuck":**

- **Lack of Trust:** we focus on what we don't have versus focusing on God's faithfulness. We have to remind ourselves of
  - **Psalm 89:34** “My covenant I will not break, nor the words of my lips will I alter.”
- **Quenches the Spirit:** when you quench a fire you are pouring water or dumping soil on it to put it out. Complaining produces the same result and will hinder the Holy Spirit's work in your life.
  - **1 Thes 5:19-22** “Do not stifle the Holy Spirit. Do not scoff at prophecies, but test everything that is said. Hold on to what is good. Stay away from every kind of evil.”
- **Rooted in Self:** Self-focused grumbling comes from pride and ingratitude.
  - **Proverbs 16:18** “Pride goes before destruction and a haughty spirit before a great fall.”

However:

- **Thanksgiving:** opens your heart and allows Jesus and His way to be revealed to us.
  - **1 Thes 5:16-18:** "Rejoice always, pray without ceasing, **give thanks in all circumstances**; for this is the will of God in Christ Jesus for you".