

## Me and my big mouth

### Week 3 - Change your words change your life

#### Getting started

In this weeks session we are looking at our mouth when it comes to complaining.

What are the typical things you find yourself complaining about the most?



#### Getting stuck in

Read Exodus 14 v.10-14

- Try to imagine you are one of the people in this situation, might you also have complained?
- Imagine you are Moses, how would you have reacted to the complaints you were hearing?
- What happens to us when we get into patterns of complaint and complaining language?

Read Phil. 2 v.14-15

- What does Paul actually say here?
- Why is this so difficult to do?
- Why could this be so powerful in our life and in our witness for Jesus?

#### Getting personal

The 2 big ideas we talked about Sunday when it comes to our words were these;

**If you can change your circumstances go and change them**

**If you can't change your circumstances change your perspective**

- What examples do you have in your life where you've been able to do one or both of these things?

Look at Paul's attitude and perspective to his circumstances. Read Phil. 1 v.12-14

- What is so powerful about this perspective Paul has?
- What circumstances are difficult for you right now that you feel almost chained to and can't change?
- How important is it to cultivate gratitude in our lives?

Finish by praying for each other, worship together maybe take communion and spend some time in thankfulness and gratitude to God...

**What we have in God is greater than what we don't have in life**