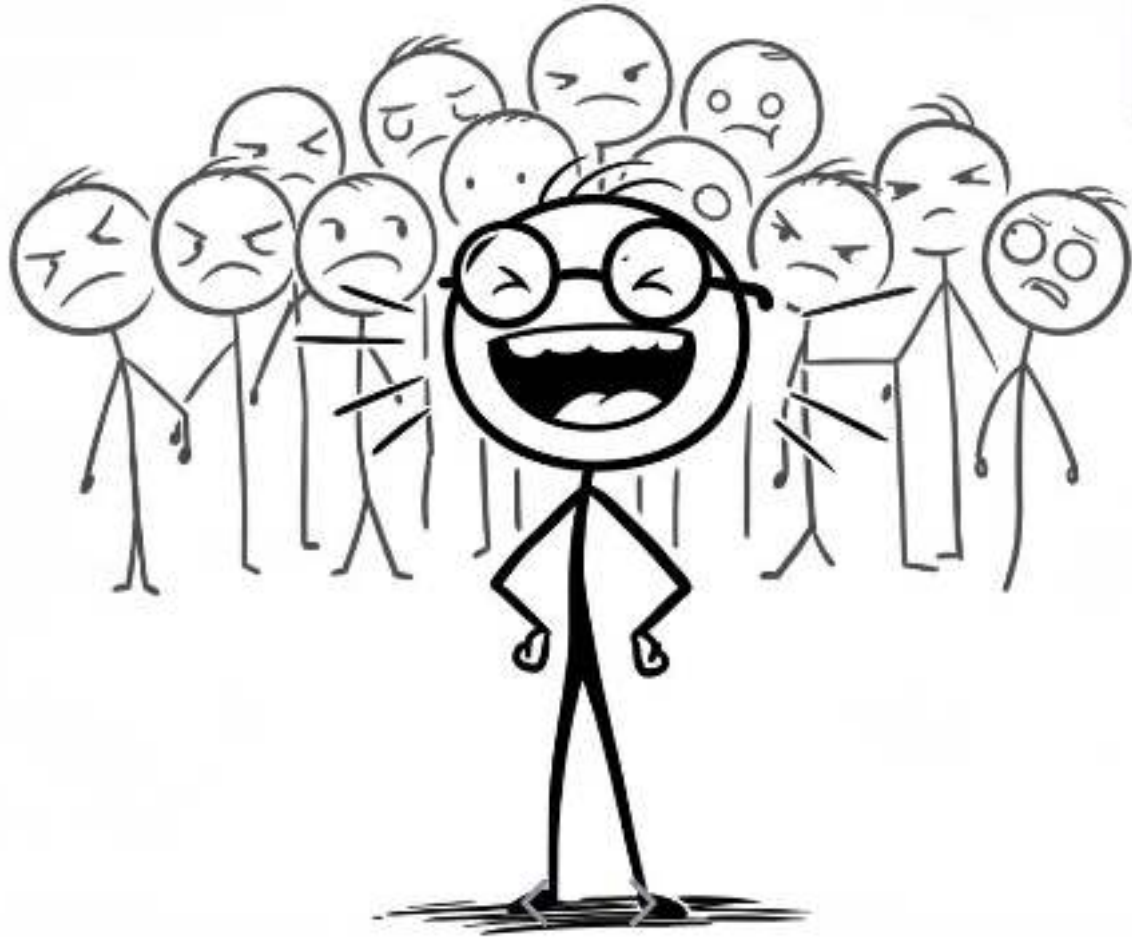


**ENEMIES  
OF GRATITUDE**

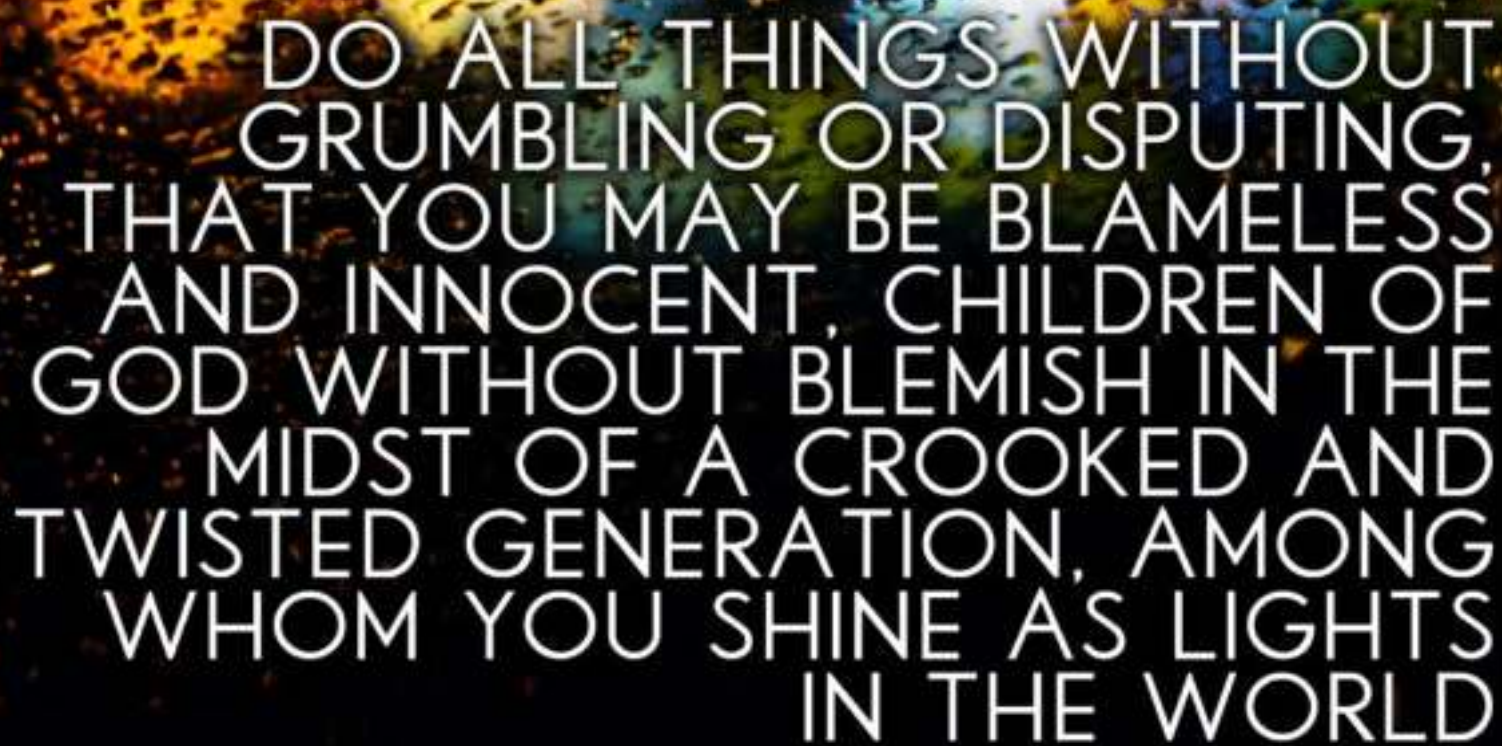
“Rejoice always, pray continually,  
give thanks in all circumstances;  
for this is God’s will for you in  
Christ Jesus.”

- 1 Thessalonians 5:16-18

# **Enemy#1 Complaining and Grumbling**







DO ALL THINGS WITHOUT  
GRUMBLING OR DISPUTING,  
THAT YOU MAY BE BLAMELESS  
AND INNOCENT, CHILDREN OF  
GOD WITHOUT BLEMISH IN THE  
MIDST OF A CROOKED AND  
TWISTED GENERATION, AMONG  
WHOM YOU SHINE AS LIGHTS  
IN THE WORLD

PHILIPPIANS 2:14-15

**Complaining is common - we love to vent about our jobs our families and our finances.**

**Complaining isn't just expressing frustration  
It is a spiritual declaration that God Hasn't been good enough.**

**It shifts your heart from gratitude to negativity**

**It blinds you to blessings fuels anxiety  
And invites a spirit of discouragement**

**Complaining isn't just a bad habit  
It is a mindset of how you see God.**

# A Warning for the Whiners-



Hebrews 3 - [jesusplusnothing.com](http://jesusplusnothing.com)

**MUMBLING & GRUMBLING**  
**BEWARE THE HARDENED HEART!**



**While being saved:  
10 miracles out of  
Egypt  
10 miracles in the  
desert  
At least 10  
complaints**





## **Numbers 14**

**20 The Lord replied, “I have forgiven them, as you asked. 21 Nevertheless, as surely as I live and as surely as the glory of the Lord fills the whole earth, 22 not one of those who saw my glory and the signs I performed in Egypt and in the wilderness but who disobeyed me and tested me ten times— 23 not one of them will ever see the land I promised on oath to their ancestors. No one who has treated me with contempt will ever see it. 24 But because my servant Caleb has a different spirit and follows me wholeheartedly, I will bring him into the land he went to, and his descendants will inherit**

# No Crying Towel Zone



# The cure for Complaining


**COUNT YOUR**  
--- MANY BLESSINGS; ---  
**NAME THEM**  
**ONE BY ONE.**

STRENGTHRENEWED.BLOG

# Enemy#2 Comparison





A person wearing a blue shirt with a yellow tag labeled 'GV' is standing in front of a blue background with vertical bars. The text is overlaid on the image.

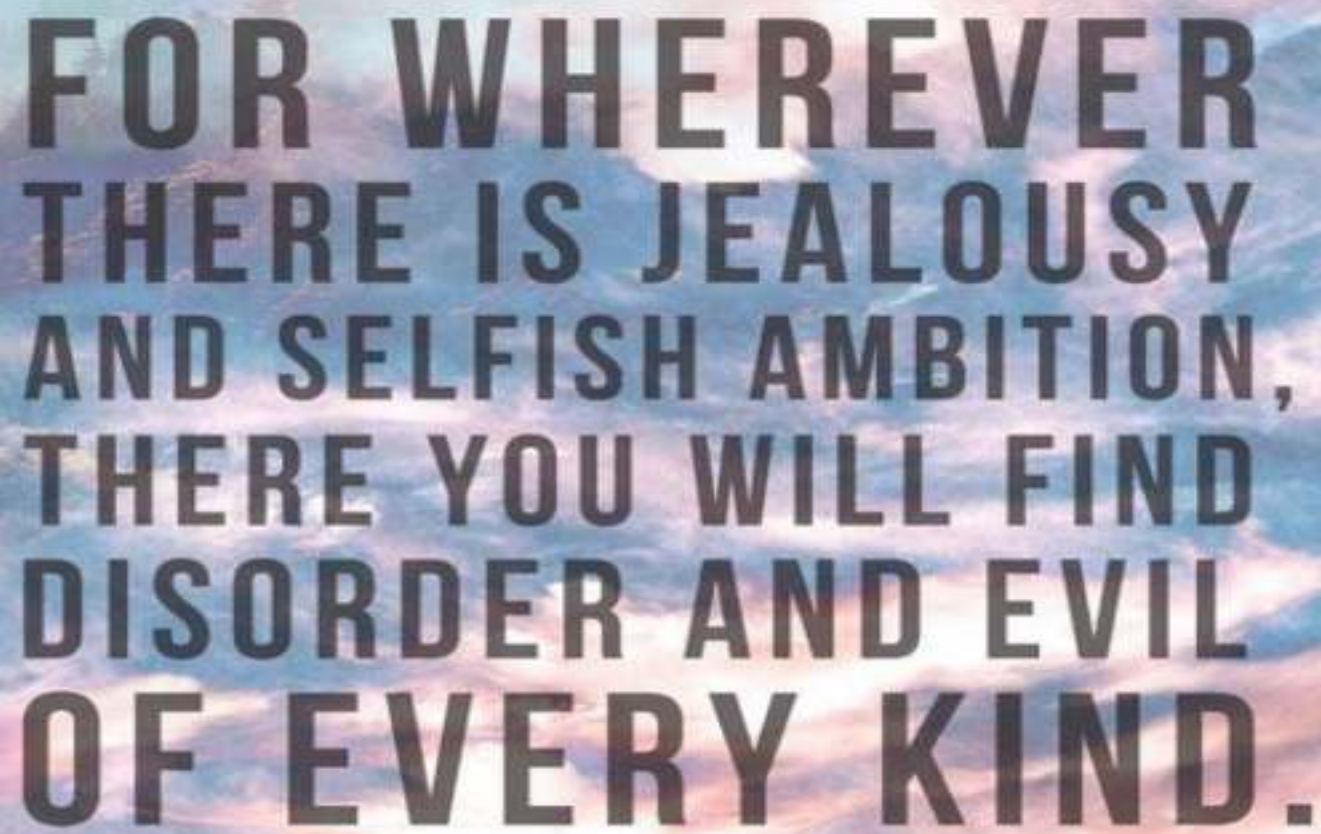
they MEASURING themselves  
by themselves, and  
COMPARING themselves  
among themselves,  
ARE NOT WISE

2 CORINTHIANS 10:12

**We must be careful or we can compare everything:**

**Our bodies, our marriages, our homes and cars,  
Our children, careers and even our churches.**

**We often do it without realizing it social media makes it seem natural**



**FOR WHEREVER  
THERE IS JEALOUSY  
AND SELFISH AMBITION,  
THERE YOU WILL FIND  
DISORDER AND EVIL  
OF EVERY KIND.**

**JAMES 3:16 NLT**



## **Luke 18**


**9 To some who were confident of their own righteousness and looked down on everyone else, Jesus told this parable: 10 “Two men went up to the temple to pray, one a Pharisee and the other a tax collector. 11 The Pharisee stood by himself and prayed: ‘God, I thank you that I am not like other people—robbers, evildoers, adulterers—or even like this tax collector. 12 I fast twice a week and give a tenth of all I get.’ 13 “But the tax collector stood at a distance. He would not even look up to heaven, but beat his breast and said, ‘God, have mercy on me, a sinner.’ 14 “I tell you that this man, rather than the other, went home justified before God. For all those who exalt themselves will be humbled, and those who humble themselves will be exalted.”**



**Comparison isn't just wanting what others have it is it resenting their blessings. Feeling inferior or secretly hoping they fail.**

**Comparison steals joy, destroys identity and distracts you from your calling. It convinces you that God is doing more for others than he is for you.**

# The cure for Comparison Is Celebration



Rejoice in the Lord  
always; again I will  
say, rejoice.

PHILIPPIANS 4:4

BIBLIFYFE.COM

**Whenever you get caught in comparison bless the person you comparing yourself to. Speak life over them.**

**Then thank God for what he is doing in your own life even if it is still in process.**

**Your life is unfolding the way God designed it for you. You do need someone elses life. Celebrate your own and what God is doing in you.**

**Stop looking  
For greener  
grass, plant  
water and  
seed**

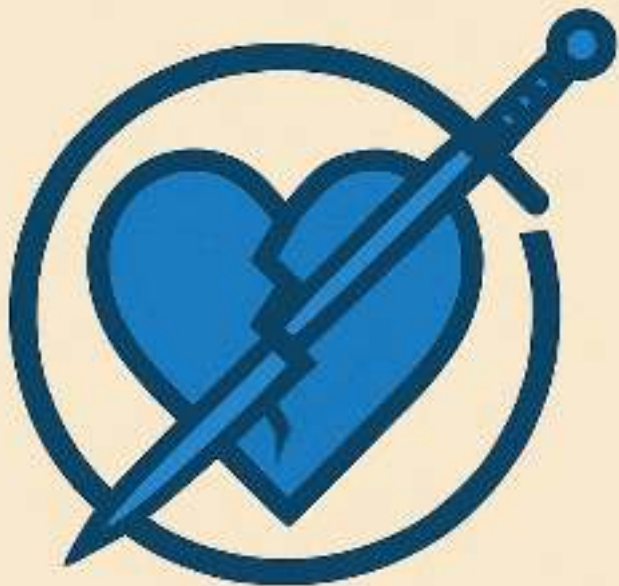




"So neither the one who plants nor the one who waters is anything, but only God who gives the growth. The one who plants and the one who waters have a common purpose, and each will receive wages according to the labor of each. For we are God's servants, working together; you are God's field, God's building."

1 Corinthians 3:7-9





# **ENEMIES OF GRATITUDE**

**Recover your  
Gratitude by  
Counting your  
blessings and  
Celebrating  
what God is  
doing in your  
life.**