



CITIZENS

CHURCH

1 Corinthians 10



Grumbling



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Why Grumbling is a Big Deal:



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1. Grumbling is an affront to God's kindness and character.



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1. Grumbling is an affront to God's kindness and character.
2. Grumbling leads to idolatry.
3. Grumbling is corrosive to life with God.



1 Corinthians 10



Practices to “Escape” Grumbling:



Practices to “Escape” Grumbling:

1. Lament



“If you're going to offer a complaint to God, it must be done with a humble heart...Proud, demanding questions from a heart that believes it is owed something from God will never lean into true lament...

- **Mark Vroegop**



In other words, lament does not give you an excuse to wallow in your questions or frustrations. It is a means to another end... you are not meant to linger in complaint.

- Mark Vroegop



If you never move beyond complaint, lament loses its purposes and its power."

- **Mark Vroegop**



Practices to “Escape” Grumbling:

1. Lament



Practices to “Escape” Grumbling:

1. Lament

2. Gratitude



Practices to “Escape” Grumbling:

1. Lament

2. Gratitude

- Cues



Practices to “Escape” Grumbling:

1. Lament

2. Gratitude

- Cues
- Rhythms



Practices to “Escape” Grumbling:

1. Lament

2. Gratitude

- Cues
- Rhythms
- Feasts



