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### **DON'T CATCH IT – COMPLAINING**

*Constant complaining affects you emotionally and spiritually. It diminishes your discernment of yourself and others*

I have a friend who I love dearly but I declare almost every time we talk she's complaining about something. It can be as simple as the winter. It doesn't matter that she's been leaving in that city for over 25 years knowing the seasons and changes in the winter occur around the same time each year, but nooooo she has to complain: it's too hot or it's too cold; it's raining too much, the people on my job sucks, that was a bad date I went on, the neighbors are on my lawn again and it continued ALL OF THE TIME. Over the years she got worse. I would try to ignore most of it or change the conversation, but it got to the point where I sometimes I didn't answer the phone when she called (don't tell her).

Complaining is a bad habit that anyone can easily catch. It doesn't solve anything. The more you complain, the more you'll find yourself complaining, and so the cycle continues. **You get my drift?**

You can actually have a complaining nature, a complaining spirit and not realize it. It may seem harmless, and it may even start out as something trivial like

complaining about the kids, neighbors, the weather or your boss. But watch and see that as the days and months go by you'll find yourself complaining more frequently about nearly everything, big or small.

Have you ever noticed that when you're around someone who complains a lot you find yourself complaining too? It's like catching a bad cold from someone that's hard to get rid of. Complaining doesn't just affect adults, kids can catch it too.

### **My Complaining Toddler**

My daughter was only about 3 or 4 years old at the time. She never really went through the babble stage. When she was one, she jumped from not talking to saying big words and holding conversations as if she was 8. My husband at that time was a complainer but his complaints were mostly directed toward me. We lived together so obviously she heard things even if she didn't understand everything. It didn't take long before this little toddler was complaining about everything: the doll house, her cloths, the cartoons on TV, friends, the food and so on. I didn't do anything about it at first but after a few months of this scrap I was sick of her complaints. ***"For God sake, you're a toddler you're getting almost everything you want why is the world are you complaining so much?"*** I couldn't take it anymore, so I started restricting and taking away her privileges every time she opened her mouth with an unnecessary complaint. It didn't take her long to break away from that. She soon realized that Mommy wasn't giving in so easily and she didn't like having her privileges taken away so often either.

If you're frequent the company of someone who complains constantly and unnecessarily, you will find yourself doing it. The disappointing and drastic side to a complainer is they alone will drive away sometimes the very thing or people that adds the most to their lives because they get enthralled into only seeing the negative and are blinded by all the positive and good things. Complaints affects you emotionally and spiritually and diminishes your discernment of yourself and others.

The bible tells us to focus and think on things that are lovely, pure, just, honest, and offer good reports. God knows what complaining will do. [\*Philippians 4:8\*](#)

### **Their Complaints Delayed Their Blessing**

When the children of Israel left Egypt after being slaves in bondage for over 400 years they walked through the wilderness it didn't take them long to start complaining about things: the food, lack of water and other stuff. It made God angry. God doesn't like complaining. He is our provider and he told us to ask in his name. What he didn't say was complain about it. As a result of their complaints, they ended up wandering through the wilderness for another 40 years.

### **Complaining Is Harmful**

Complaining may sound harmless, but it's dangerous. It may start with you complaining about the line being too long in the grocery store or the car in front of you driving too slowly, then it's escalates to complaints about the neighbors or ones you live with. Before long you're complaining or arguing or even fighting. Hovering over a complaint too long can escalate to anger or angry outbursts. Don't believe

it? Watch some of these real life shows on TV or on social media where a complaint erupts into a verbal and physical altercation. It started with a complaint.

My best advice to you is avoid people who are always complaining and most especially those who you find carry an angry spirit. Being around complaining people too often is addictive and makes you susceptible to it. It breeds negative emotions that can spiral out of control. Frankly I'd rather spend my time enjoying the best life has to offer to the people I love and who love me.

Don't be so quick to complain. You don't want to be remembered that way. Be careful not to complain yourself out of a blessing. Most people are drawn to positive energy. Think optimistically, learn to talk more positively and you will attract more and repel less.

Be Your Best Always

Amy