



### COMPLAINING

### LYING

- |  |  |
|--|--|
| <input type="checkbox"/> April 29<br>Exodus 14:11-12     | <input type="checkbox"/> May 13<br>Proverbs 12:22    |
| <input type="checkbox"/> April 30<br>Philippians 2:14-18 | <input type="checkbox"/> May 14<br>Ephesians 4:21-25 |
| <input type="checkbox"/> May 1<br>Exodus 16:8            | <input type="checkbox"/> May 15<br>John 8:44         |
| <input type="checkbox"/> May 2<br>Philippians 1:12-13    | <input type="checkbox"/> May 16<br>1 John 2:4        |
| <input type="checkbox"/> May 3<br>Psalm 103:2-5          | <input type="checkbox"/> May 17<br>1 John 1:9        |
| <input type="checkbox"/> May 4<br>1 Peter 4:9            | <input type="checkbox"/> May 18<br>James 5:16        |
| <input type="checkbox"/> May 5<br>Proverbs 17:22         | <input type="checkbox"/> May 19<br>Matthew 15:18-20  |

### CRITICIZING

### GOSSIP

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|---|---|
| <input type="checkbox"/> May 6<br>Galatians 5:14-15 | <input type="checkbox"/> May 20<br>Proverbs 16:28   |
| <input type="checkbox"/> May 7<br>Proverbs 12:18    | <input type="checkbox"/> May 21<br>Proverbs 17:4    |
| <input type="checkbox"/> May 8<br>Ephesians 4:29    | <input type="checkbox"/> May 22<br>Proverbs 25:9-10 |
| <input type="checkbox"/> May 9<br>Proverbs 21:19    | <input type="checkbox"/> May 23<br>Matthew 18:15    |
| <input type="checkbox"/> May 10<br>Romans 15:13     | <input type="checkbox"/> May 24<br>Proverbs 20:19   |
| <input type="checkbox"/> May 11<br>2 Cor. 13:11     | <input type="checkbox"/> May 25<br>Proverbs 21:23   |
| <input type="checkbox"/> May 12<br>James 1:19-20    | <input type="checkbox"/> May 26<br>1 Timothy 5:13   |

**Ask yourself these questions each week after reading:**

How could you, like Paul, flip your perspective about the struggles you're facing?

What are some blessings you haven't been grateful for lately?

Why do you think it seems easier to criticize than to build up?



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