




# DEAL WITH COMPLAINTS

When we review our life, we learn from it and grow from it.



# **FAMILY ALTAR GUIDE**




# **FUN**

**Time to Thank and Praise God for What He Has Done**

# INSTRUCTIONS

- Make this moment a “meeting time” wherein you can have “cooked food” or “delivered food” while your whole family enjoy this 1-hour meet up with the purpose of intimacy, information and inspiration.
- You can also have a simple group game to perk up everyone’s interest and basically have fun.
- Remember: ***“It’s more fun at home with the family.”***



# FOOD

**Time Share and Apply God's Word to Our Lives**

# INSTRUCTIONS

- Before the sharing of today's SPIRITUAL FOOD, jump start the meet up with a fast or slow worship song can be played live or through YouTube.
- Singing Christian Worship songs can refresh and refocus a stressful mind and heart.



# DEAL WITH COMPLAINTS

When we review our life, we learn from it and grow from it.

## Take Note

Have you ever noticed how forgetful people can be? They quickly forget all the ways others have helped them in the past, and they end up complaining later on.





## Take Note

Maybe this is the position  
you're in today.

You're not alone. Moses  
also experienced this kind  
of disappointment.



## Take Note

Just three days after Moses led God's people through the Red Sea—one of the greatest miracles in history—the Bible says, "*The people grumbled to Moses, 'What are we going to drink?'*" (Exodus 15:24). Israel was quick to forget what Moses had done for them.



## Take Note

At the first sign of trouble, the Israelites complained. Their motto during their time in the desert was: “*When in doubt, grumble against Moses.*” One minute Moses was a hero, the next he was a zero.

**Read Together**

**Exodus 15:22-27**

# CATCH

**The best way to deal  
with complaints  
is the godly way.**

# How to Deal with Complaints (like Moses)

- 1. Do Not Curse Your Critics**
- 2. Do Not Rehearse the Criticism**
- 3. Do Not Nurse the Criticism**
- 4. Disperse Criticism**
- 5. Reverse Criticism**

# **How to Deal with Complaints (like Moses)**

**Way #1**

**Do Not Curse  
Your Critics**







## Take Note

We need to fight the urge to strike back when people disappoint us. Instead of retaliating, we must leave our pain in God's hands.

Way #2

**Do Not  
Rehearse the  
Criticism**





## Take Note

Rehearsing criticism  
is addictive—and it can  
kill you and your family.



## Take Note

The worst that can happen is when you believe everyone is out to get you.

Way #3

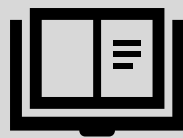
# Do Not Nurse the Criticism





## Take Note

We must not take  
criticism personally.



“If you become angry, do not let your anger lead you into sin, and do not stay angry all day. Don’t give the Devil a chance”

**Ephesians 4:26-27 (GNT)**



## Take Note

Anger is a legitimate response to hurt.

But the Bible says that when we hold onto anger, it becomes sin.



Way #4

# Disperse Criticism





## Take Note

Moses could have cried out to the people, but instead, the Bible says he “*cried out to the Lord*” (Exodus 15:25 CSB).



## Take Note

When you're disappointed by people in your family or community, it's tempting to take it out on them—but don't do it. Instead you need to talk it out with the Lord.

Way #5

# Reverse Criticism

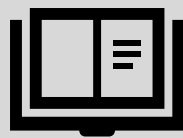




## Take Note

God is the master  
of reversing hurt.

Disappointments are  
really his-appointments.



“We know that in all things  
God works for the good of  
those who love him, who  
have been called  
according to his purpose.”

**Romans 8:28 (NIV)**



## Take Note

The good news is,  
God provided a solution  
for Moses and  
the thirsty Israelites.

## Take Note

In Exodus 15:25, we learn that God showed Moses a piece of wood that became the answer to their problems, for “when Moses threw it into the water . . . this made the water good to drink” (NLT).



**DISCUSS**

Who are your critics?  
What are their criticisms  
about you?



**Discussion**

What is your plan to face  
and deal with them?



**Discussion**

Go back to the five ways, choose one that is your strength and one the is your weakness?



**Discussion**

**Memory**

**Verse**



I can do all things through  
him who strengthens me.

**Philippians 4:13 (ESV)**



# FAITH

**Time to Serve our Family, Friends and Others**

# #FaithfulEverywhere

- Monday **FLI E-Class**
- Tuesday **Family Altar**
- Wednesday **Midweek Service**
- Thursday **Prayer Meet-Up**
- Friday **Principles In Life Webcast**
- Saturday **CYOD & Faithful Talks Webcast**
- Sunday **Celebration Services & Faithful Perspectives Webcast**