

James Crawford – “**Complaining Makes Me Sick**”
Sunday Family Service – Series “Complaining is Draining” 5-15-22

“Complaining Makes Me Sick”

Introduction:

Research shows that complaining causes brain damage. Also, they’ve found that most people complain once a minute during a typical conversation. This is tragic.

When you complain, your body releases the stress hormone cortisol. Cortisol shifts you into fight-or-flight mode, directing oxygen, blood, and energy away from everything but the systems that are essential to immediate survival. One effect of cortisol, for example, is to raise your blood pressure and blood sugar so that you’ll be prepared to either escape or defend yourself.

All the extra cortisol released by frequent complaining **impairs your immune system** and **makes you more susceptible** to **high cholesterol, diabetes, heart disease, and obesity**. **It even makes the brain more vulnerable to strokes.**

As I prayed for this Sunday’s message, I sensed the Lord leading me to start a new series on complaining. The Bible is full of helpful hints on how to overcome this global epidemic. Unless you’ve been living under a rock, you

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are witnessing the entire world trending toward chronic grumbling. This series will help protect yourself and others from its devastating effects.

Come be fed.

Numbers 11:1-31

“Now **the LORD will give you meat...until it comes out of your ears, until you are sick of it.** This will happen **because you have rejected the LORD...and have complained** to him that you should never have left Egypt.”

1. The Opposite is True - Thankfulness heals us.

1 Thessalonians 5:18

Give thanks in all circumstances; for this is the will of God...

2. The “Karen” Generation

Who is Karen? We all know her, we all fear her. She’s synonymous with complaining, unreasonable demands, and an unearned sense of

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self-importance.

Gaining prominence around 2019, the term ‘being a Karen’ originated from an internet meme. Now, a “Karen” is usually defined as someone with unsavory traits such as being obnoxious and having a sense of entitlement.

A Karen will use their privilege to get their own way. It’s someone who complains and demands the world conforms to their exacting, precise and absurd standards.

“Karen” isn’t a single person, it’s an entire personality.

A business comparison company out of the United Kingdom called Bionic recently decided to do a humorous new study looking into the prevalence of Karens around the globe.

Bionic’s approach to the study was clever. First of all, they looked at the most Karen-like incidents around the world by analyzing over one million reviews on Trustpilot, a leading source of customer feedback used by brands around the world to improve their product offerings, customer experience and service.

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Top Complaining Countries

USA

England

Canada

Philippines

Congo

Mexico

France

Australia

3. Complaining is On the Rise - The Internet Has Given People More Power

Have you been bullied or cancelled by this new clan of “Karen” cancel sadists? This system may appear to be good for measuring global ethics but it’s not for Kingdom people. Our love covers, we don’t attack, gossip and slander.

Jesus said, “If the world hated me, they will hate you.” The secular society goes by what is popular to the majority. We the Kingdom will be the minority on the earth until Jesus returns. This makes us a laser light that shines bright in this dark demonic cesspool of a world.

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Philippians 2:14-16

Do all things without grumbling or questioning, 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...**

4. Be Humble, We Give You Time and Space to Repent

5. Israel’s Chastening – Numbers 11

Numbers 11:1-31

The people began to complain to the LORD about their troubles. When the LORD heard them, he was angry and sent fire on the people. It burnt among them and destroyed one end of the camp.

The people cried out to Moses for help; he prayed to the LORD, and the fire died down. There were some foreigners travelling with the Israelites. They had a strong craving for meat, and even the Israelites themselves began to complain: “If only we could have some meat!

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In Egypt we used to eat all the fish we wanted, and it cost us nothing. Remember the cucumbers, the watermelons, the leeks, the onions, and the garlic we had? But now our strength is gone. There is nothing at all to eat — nothing but this manna day after day!”

Moses heard all the people complaining as they stood about in groups at the entrances of their tents. He was distressed because the LORD was angry with them, and he said to the LORD, “Why have you treated me so badly? Why are you displeased with me? Why have you given me the responsibility for all these people?

They keep whining and asking for meat. I can't be responsible for all these people by myself; it's too much for me! If you are going to treat me like this, take pity on me and kill me, so that I won't have to endure your cruelty any longer.”

The LORD said to Moses...“tell the people, ‘Purify yourselves for tomorrow; you will have meat to eat. The LORD has heard you whining and saying that you wished you had some meat and that you were better off in Egypt.”

“Now the LORD will give you meat, and you will have to eat it. You will have to eat it...until it comes out of your ears, until you are sick of it. This will happen because you have rejected the LORD who is here

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among you and have complained to him that you should never have left Egypt.’

6. Complaining and Arguing Go Together

Philippians 2:14-16

Do all things without grumbling or questioning (disputing)...

7. Deception Enters the Grumbler’s Soul

8. My Prophetic Word

The Lord said, “Complaining opens the door to deception. My elders are establishing a pattern for you to walk in. Be obedient and not rebellious. You cannot complain in this house. This is My ark and it's only one of many. You are training and it is early so give yourself room to grow and time to mature.”

“Study out the roots of your complaining. Do not be a negative Nelly. She cannot solve any problems. Be positive and solution oriented.”

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“Poverty and complaining go together. Negative complainers promote conspiracy theories. My Spirit will gently convict you in this house, your flesh will not get away with anything here as My leaders pray.”

Sermon Discussion

- 1- How often do you complain?
- 2- Has the Lord ever disciplined you for complaining?
- 3- What are some practical steps you can take to overcome this once and for all?