

7 DAY NO COMPLAINING CHALLENGE

DO EVERYTHING WITHOUT COMPLAINING OR ARGUING.

-Phillipians 2:14, NLT

Who or what do you complain about regularly? Is it your husband?
Your job? Your mother-in-law? Can you go 7 days without
complaining? We think you can do it!



DAY 1

Write down your 3 complaint challenges:
the 3 people and/or
circumstances you
complain about the most.

DAY 2

Pray for each of your complaint challenges.
For people, pray they will
be blessed. For
circumstances, pray that
they will improve or that
God will give you the
strength to persevere.

DAY 3

Pray for yourself.
Pray that you will be
more understanding
and empathetic
regarding your 3
complaint challenges.
Pray for the
self-discipline to
break this habit.

DAY 4

Be positive.
Revise your thinking. Write
something nice about each
of your 3 complaint
challenges on your list.

DAY 5

Speak positive.
Say something positive
about each of your 3
complaint challenges – to
one of the people you
formerly complained to
about them.

DAY 6

Beware.
At this point, you
may be tempted to
relapse. Take your
thoughts captive
and hold your
tongue. Continue to
pray when
complaints cross
your mind or lips.
You're almost there!

DAY 7

Reassess.
Take an assessment of the situation. Go down your list of
complaint challenges. Have the positive thoughts you
wrote down on Day 4 taken the place of your complaints?
Going forward, refer to this list whenever you need to be
reminded of your renewed mind.

