

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.

