



WEAPONS OF WAR





A close-up, artistic photograph of an open book. The pages are dark, and the lighting is warm and dramatic, highlighting the texture of the paper and the spine. The background is a soft, glowing light, creating a serene and contemplative atmosphere.

Numbers 11:1-6



Even moses got
into the act



Numbers 11:11

So Moses said to the LORD, “Why have You afflicted Your servant? And why have I not found favor in Your sight, that You have laid the burden of all these people on me?”

Numbers 11:12

Did I conceive all these people? Did I beget them, that You should say to me, 'Carry them in your bosom, as a guardian carries a nursing child,' to the land which You swore to their fathers?

Numbers 11:13

Where am I to get meat to give to all these people? For they weep all over me, saying, 'Give us meat, that we may eat.'

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And when the spirit of Complaining starts it even begins to impact family relationships.

Numbers 12:1

Then Miriam and Aaron spoke against Moses because of the Ethiopian woman whom he had married; for he had married an Ethiopian woman.

Numbers 12:2

So they said, “Has the LORD indeed spoken only through Moses? Has He not spoken through us also?” And the LORD heard *it*.

*

**10 complaining spies took God's
people on a 40-year detour.**





Oxford dictionary definition

Complaining:

- **The expression of dissatisfaction or annoyance about something**



When are you dissatisfied or annoyed about something?

- Dissatisfied with my waitress because I don't think I got my food quickly enough.
- Annoyed that my plans were delayed by a fender bender ahead that slowed traffic.
- Dissatisfied I'm not getting the credit I deserve for the things I do.



Even though the Israelites were well cared for, they complained, because from their perspective - ME - they were missing something so essential for their well-being: Meat.

A vintage photograph of a group of people celebrating. In the foreground, a woman in a red polka-dot dress with a white bow at the neck is laughing joyfully. Behind her, a man in a white shirt and dark suspenders is smiling. To the left, a man in a light blue shirt and a cap is also smiling, with his arm raised. In the background, another man wearing sunglasses is laughing. An American flag is visible in the background. The overall mood is one of happiness and camaraderie.

I remember a kind generation

- New was news, not an angry tirade of opinions
- People could disagree cordially
- Ordinary people were nice to each other.
- Now strangers pour out poison on each other



**A complaining spirit has
even invaded churches.**

**Complaining in front
of children.**





Philippians 2:14

**Do all things without
complaining and
disputing,**

Philippians 2:15

**that you may become blameless
and harmless, children of God without
fault in the midst of a crooked and
perverse generation, among whom you
shine as lights in the world,**

*



Vertical column of ancient cuneiform script on the left stone tablet, containing approximately 12 lines of text.

Vertical column of ancient cuneiform script on the right stone tablet, containing approximately 12 lines of text.



1 John 3:4

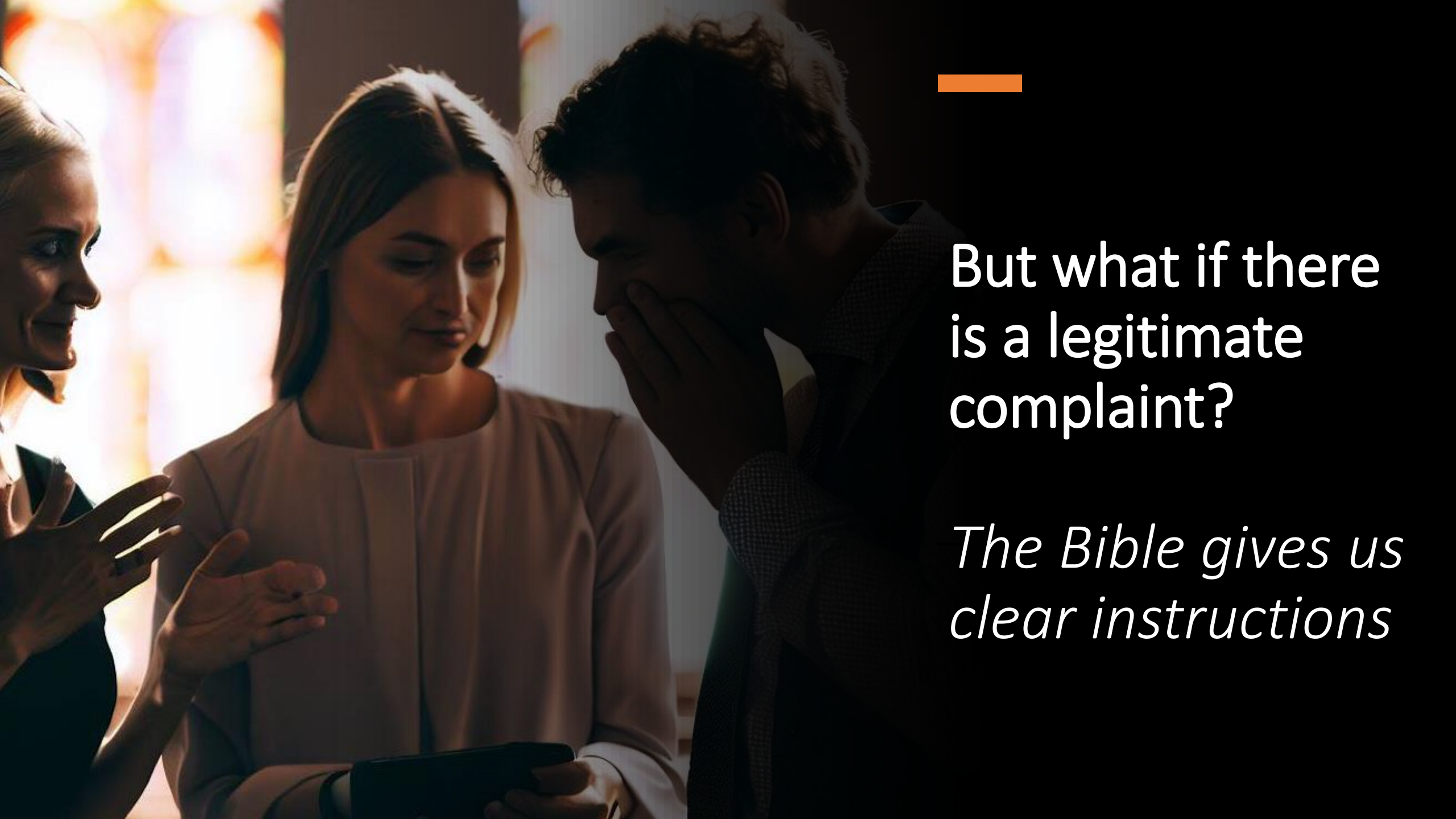
**Whoever commmits sin
also commmits
lawlessness, and sin
is lawlessness.**



Vertical column of ancient cuneiform script on the left tablet, containing approximately 12 lines of text.

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But what if there
is a legitimate
complaint?

*The Bible gives us
clear instructions*

Matthew 18:15

“Moreover if your brother sins against you, go and tell him his fault between you and him alone. If he hears you, you have gained your brother.

Matthew 18:16

But if he will not hear, take with you one or two more, that 'by the mouth of two or three witnesses every word may be established.'

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A photograph of two men in profile, facing each other and smiling. The man on the left is wearing a pink polo shirt, and the man on the right is wearing a blue polo shirt. They are in a bright, indoor setting with large windows in the background. The text "How to effectively to communicate" is overlaid at the bottom of the image.

How to effectively to communicate



John 10:10

The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have *it* more abundantly.

A woman with long brown hair, wearing a light-colored blazer over a white shirt, is shown from the chest up. She is looking off to the right with a thoughtful expression. She is holding a white rectangular sign with the word "HEALTH" written on it in black capital letters. Her hands are positioned around the sign, with fingers slightly spread. In the background, there is a large, colorful stained glass window with a prominent cross design in the center. The window features various colors including red, blue, yellow, and white. The overall lighting is soft and focused on the woman.

**The Seventh-day
Adventist passion for
the Health Message**

HEALTH



How Complaining Rewires Your Brain for Negativity

Article by Dr. Travis Bradburry, Ph.D.

TalentSmartEQ

How Complaining Rewires your Brain for Negativity

Research shows that most people complain once a minute during a typical conversation. Complaining is tempting because it feels good, but like many other things that are enjoyable—such as smoking or eating a pound of bacon for breakfast—complaining isn't good for you.

How Complaining Rewires your Brain for Negativity

Your brain loves efficiency and doesn't like to work any harder than it has to. When you repeat a behavior, such as complaining, your neurons branch out to each other to ease the flow of information. This makes it much easier to repeat that behavior in the future—so easy, in fact, that you might not even realize you're doing it.

How Complaining Rewires your Brain for Negativity

(Constant complaining is bad for your health and rewires your brain)

You can't blame your brain. Who'd want to build a temporary bridge every time you need to cross a river? It makes a lot more sense to construct a permanent bridge. So, your neurons grow closer together, and the connections between them

How Complaining Rewires your Brain for Negativity

become more permanent. Scientists like to describe this process as, **“Neurons that fire together, wire together.”**

Repeated complaining rewires your brain to make future complaining more likely. Over time, you find it's easier to be negative than to be positive, regardless of what's happening around you.

How Complaining Rewires your Brain for Negativity

Complaining becomes your default behavior, which changes how people perceive you.

And here's the kicker: complaining damages other areas of your brain as well. Research from Stanford University has shown that complaining shrinks the hippocampus—an area of the brain that's critical to problem solving and intelligent thought.

How Complaining Rewires your Brain for Negativity

Damage to the hippocampus is scary, especially when you consider that it's one of the primary brain areas destroyed by Alzheimer's...

How Complaining Rewires your Brain for Negativity

(Complaining Is Also Bad for Your Health)

While it's not an exaggeration to say that complaining leads to brain damage, it doesn't stop there. 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

How Complaining Rewires your Brain for Negativity

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.

How Complaining Rewires your Brain for Negativity

All the extra cortisol released by frequent complaining impairs your immune system and makes the brain more vulnerable to strokes...

Just like smoking, drinking too much, and lying on the couch watching TV all day, complaining is bad for you.



COMPLAINING IS A SIN | NOT COMPLAINING LEADS TO BETTER HEALTH

So, how do we become non-complainers



Titus 3:4

**But when the kindness and
the love of God our Savior
toward man appeared**

Titus 3:5

not by works of righteousness which we have done, but according to His mercy He saved us, through the washing of regeneration and renewing of the Holy Spirit,

*

So, how do we become non-complainers

- Invite the Holy Spirit to dwell in you [Titus 3:4-5]
- **Make a point to speak, message, and text positivity [Ephesians 4:29]**

Ephesians 4:29

Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers.

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- Invite the Holy Spirit to dwell in you [Titus 3:4-5]
- Make a point to speak, message, and text positivity [Ephesians 4:29]
- **Develop an attitude of Gratitude [1 Thessalonians 5:18]**



1 Thessalonians 5:18

**in everything give
thanks; for this is the
will of God in Christ
Jesus for you.**

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- **Pray for the People that dissatisfy or annoy you**

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- Invite the Holy Spirit to dwell in you [Titus 3:4-5]
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- Develop an attitude of Gratitude [1 Thessalonians 5:18]
- Pray for the People that dissatisfy or annoy you
- **Stay away from complainers. Otherwise, you get sucked in.**

LIFE IS HARD

Complaining
won't help. God
is with you and
will see you
through.





Proverbs 3:5

**Trust in the LORD with
all your heart,
And lean not on your
own understanding;**



Proverbs 3:6

**In all your ways
acknowledge Him,
And He shall direct
your paths.**

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