



to enhance the flavor of a food. We must speak in a manner that “enhances the flavor” of our message.

(Colossians 4:6). The Bible speaks often of the tongue. Although we cannot fully tame the tongue, we are commanded, when we speak, to speak with salt. What does that mean? From what I understand, it means that our speech is always used to edify instead of degrade. Salt is used

It is far easier to complain than it is to speak with salt. However, speaking with salt is something we are commanded to do, and therefore, it is necessary if we call ourselves Christians. Bless rather than curse. Focus on the positive rather than focusing on the negative. If we are striving to become “**blameless and harmless,**” we MUST abstain from complaining, grumbling, and bitterness. I pray that God helps us in this endeavor and I pray that we never lose sight of our goal.

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Faithful Sayings Issue 16.11 March 16, 2014

Welcome Visitors

We are so glad that you joined us today.
 Please come again.

● Let us know if you have any questions.

ISSUE

16.11

BULLETIN OF
 THE OLSEN
 PARK CHURCH
 OF CHRIST

Faithful Sayings

March 16,
 2014



Services

Sunday: 9:30 AM
 10:20 AM
 6:00 PM

Wednesday: 7:00 PM

Elders:

Pat Ledbetter
 Jeff Nunn
 Kyle Pope

Deacons:

Eddie Cook
 Steve Dixon
 Jack Langley
 Neil Ledbetter
 Brady McAlister
 Walker McAnear
 Lance Purcell
 Rusty Scott

Evangelists:

Kyle Pope
 Andrew Dow

What the Bible Says About Complaining

By Nathan Pope

As humans, we talk all the time. It is recorded that the average female says 20,000 words in one day and the average male says 7,000 words in one day. Because we talk so much, there is a big chance that we will complain about something. Try this: Sit in a cafeteria, classroom, restaurant, packed car, or an office and... listen. That's right, just listen. Don't say anything and listen to the conversations around you. I do this frequently and I am unfortunately appalled to hear the things that come out of people's mouths, especially those who claim to be Christians.



How many complaints can you count in one conversation? “He annoys me so much,” or “I hate the weather today,” or “I hate the homework assignment for tonight,” or “These shoes make me look ugly, I need new ones,” or “This seat is uncomfortable,” or the big one... “THE AIR CONDITIONER IS BROKEN, I’M SO HOT.” These are only a few examples of what happens when

we complain — and this list could go on. Is complaining just a part of our nature, or can this bad habit be reversed?

I would be foolish to say I don’t struggle with complaining. I can think of several times today that I have complained. Complaining is a sin that is addressed many times in the Bible. Let’s look at a couple of passages that address complaining.

“Do all things without complaining and disputing, 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” (Philippians 2:14-15). (Surely, the best way to live blameless and harmless is to resist the opportunity to complain. No it’s not easy, but it is commanded.)

“Let no corrupt word proceed out of your mouth, but what is good for necessary edification, that it may impart grace to the hearers” (Ephesians 4:29).

“Do not grumble against one another, brothers, so that you may not be judged; behold, the Judge is standing at the door” (James 5:9).

“And when the people complained, it displeased the Lord: and the Lord

heard it; and his anger was kindled; and the fire of the Lord burnt among them, and consumed them that were in the uttermost parts of the camp” (Numbers 11:1).

These are only a few examples and the list could go on for a long time. Here are three ways to prevent complaining and strengthen our Christian character:

1. Count your blessings

The Lord blesses us with physical and spiritual gifts every day, whether we see them or not. There are many things that we take for granted, such as food, shelter, clothing, education, *et cetera*. We know that it is far better for us to focus on the blessings God has given so freely. By focusing on the blessings, the complaints seem to diminish and the gratefulness increases.

“For the sake of Christ, then, I am content with weaknesses, insults, hardships, persecutions, and calamities. For when I am weak, then I am strong” (2 Corinthians 12:10).



2. Open not your mouth

“He was oppressed, and he was afflicted, yet He opened not his mouth...” -Isaiah 53:7). When we feel like we are being treated poorly, instead of complaining about it, imitate Christ.

3. Speak with Salt

“Let your speech always be with grace, seasoned with salt, that you may know how you ought to answer each one”

