

Study QUESTIONS

Ep. 999: Does Complaining Ever Help?

See:  CQ Rewind
SHOW NOTES

<https://christianquestions.com/character/complaining-ever-help/>

1. What is complaining? Can complaining ever be a good thing or have positive mental effects? What are the three types of negative complaints?
2. What devastating event in David's life caused him to complain to God in Psalm 55? Is David setting a good example in his complaining? (See Psalm 55:1-3)
3. There are six aspects of a positive complaints throughout the podcast highlighted in the "Anatomy of a Good Complaint" and "Anatomy of Praise" graphics:
 - A. What is the first aspect? (See Psalm 55:1-3, Psalms 34:1-3)
 - 1) What do we magnify when we complain? What *should* we magnify? How does this help?
 - 2) What are some benefits of journaling our complaints? Who was David addressing his complaints to? To whom might we direct or share our complaints?
 - B. What is the second aspect? (See Psalms 55:4-8, Psalms 34:4-7)
 - 1) Why is it important to honestly describe these *internal* effects? Why should we "complain with a purpose"?
 - 2) What are David's feelings about this betrayal? Is he honest with God?
 - 3) Who is Zacchaeus? What was his interaction with Jesus? Why did the Jews complain against Zacchaeus? Was this a legitimate complaint? (See Luke 19:1-10)
 - C. What is the third aspect? (See Psalms 55:9-11, Psalms 34:8-14)
 - 1) What details does David give about the *external* effects regarding his complaint?
 - 2) What should we conclude if there are no others affected by our complaint?
 - 3) In Psalms 34:8-14, what does David do in verse 8? How does David describe God?
 - 4) How should we start a complaint with another person?
 - 5) After the Exodus from Egypt, was the Israelites' complaint in the wilderness justified? What was God's response? How was this a test for the Israelites? (See Exodus 16:1-7)
 - D. What is the fourth aspect? (See Psalms 55:12-15, Psalms 34:15-18)
 - 1) Why does David take this defection so personally?
 - 2) "Let them go down alive into Sheol" is probably a reference to what event? What led to the rebellion of Korah and his sons? How did this apply to David here? (Numbers 16)
 - 3) Can complaining ever be constructive? How does David use his complaints?
 - E. What is the fifth aspect? (See Psalms 55:16-21, Psalms 34:19-22)
 - 1) What does David do with his complaint and pain in these verses? How does this help him?
 - F. What is the sixth and final aspect of a complaint? (See Psalms 55:22-23, Psalms 34:14-22)
 - 1) Psalm 55 (Psalm of Complaint) and Psalm 34 (Psalm of Praise) both end in what attitude?
 - 2) How does David describe God at the end of these two Psalms? Does this give us any insight into how we should view God during our complaining? How should our complaining end?
4. When we are overwhelmed and need to complain, to whom should we focus? Has your complaining been positive or negative? What will you keep in mind the next time you may complain? (See Psalms 77:1-20)