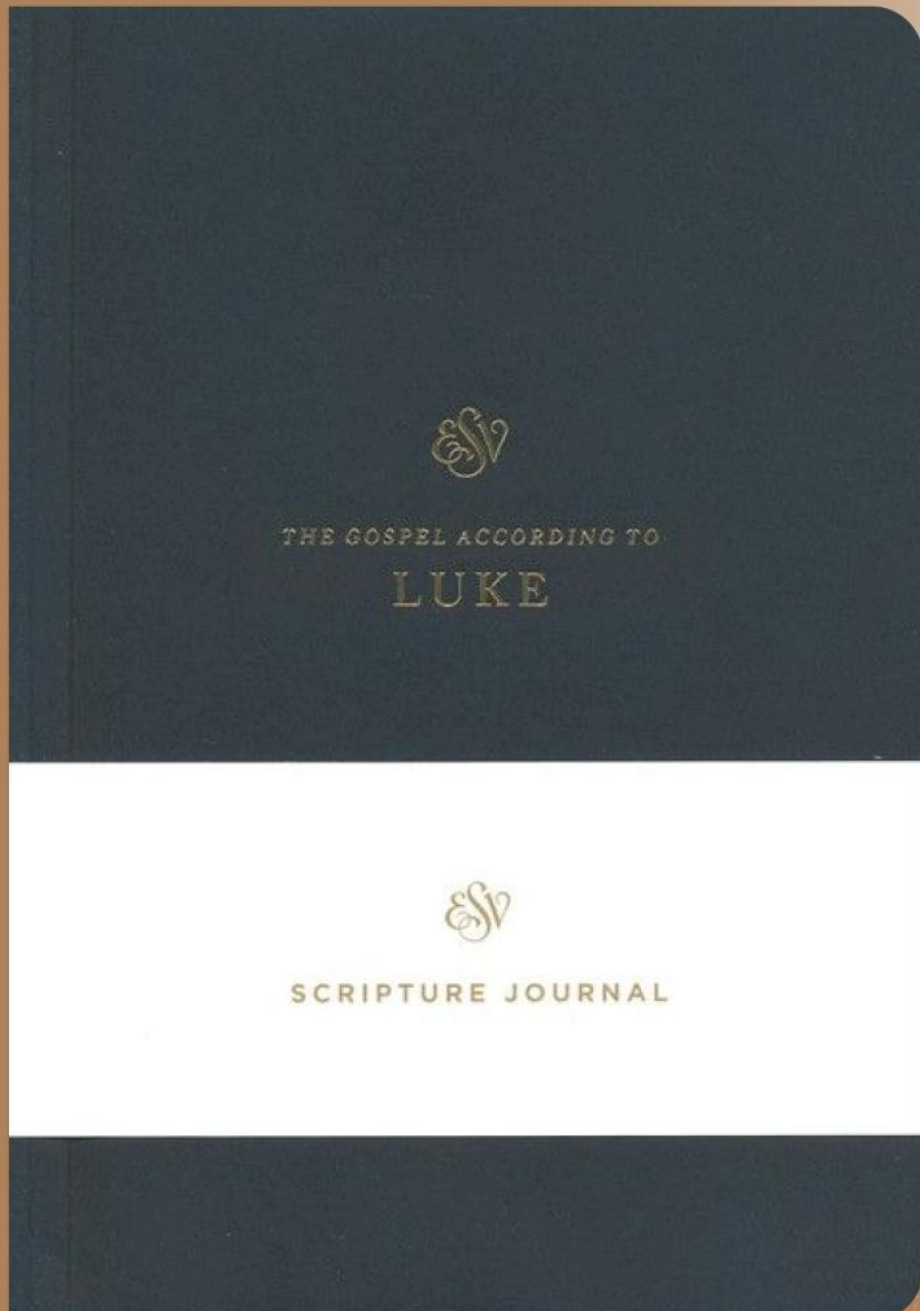


Weekend GATHERINGS





LUKE

Available at the Information Counter or
MON-THU, 10AM-5PM in the office.

\$5 EACH

Cash • Check • Credit • Venmo

Weekend GATHERINGS



Philippians 2:14

**Do all things without
grumbling or disputing...**





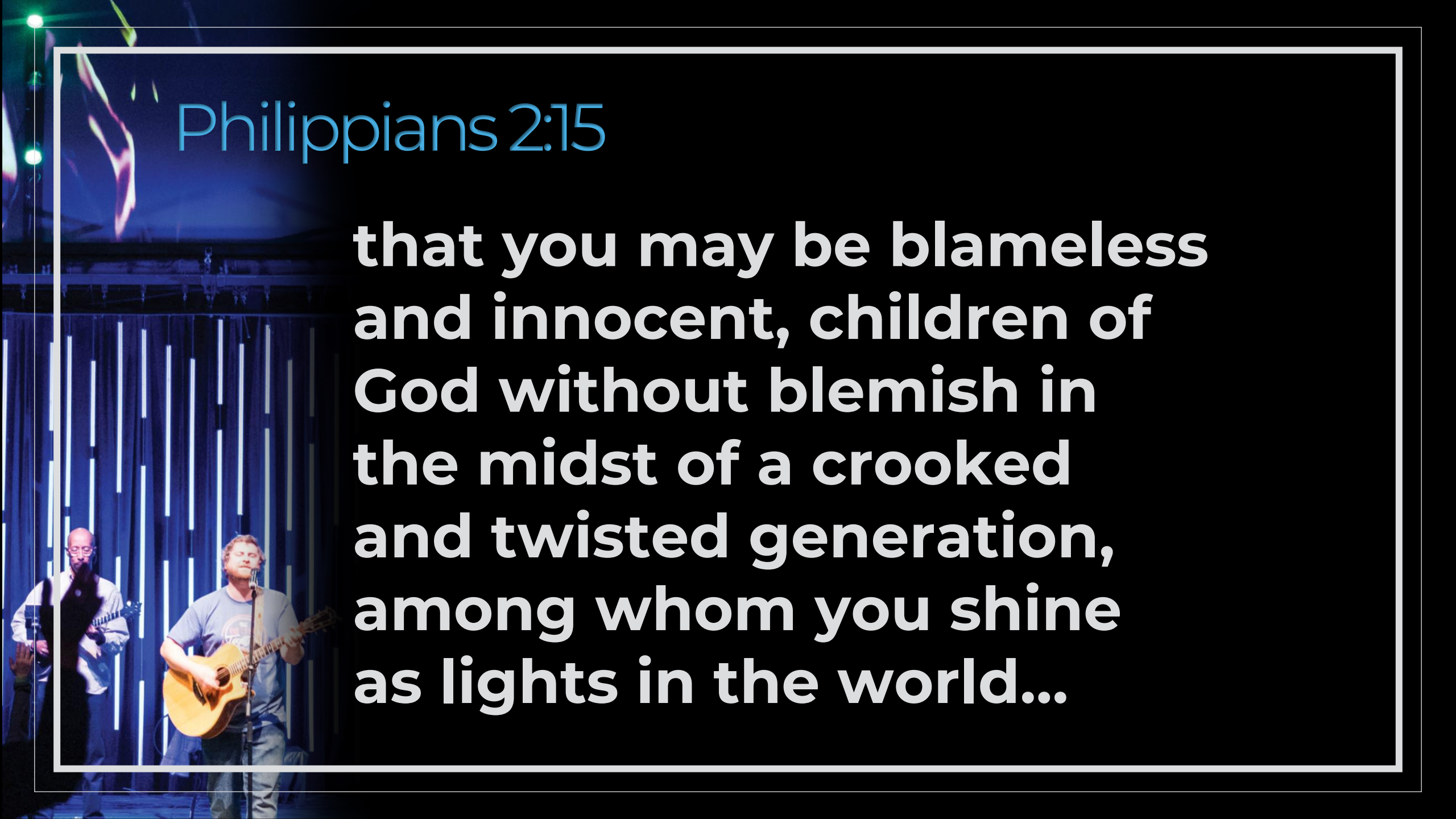
Philippians 2:14

**Do all things without
grumbling or disputing...**

NLT Do everything without
complaining and arguing...

**Never argue!
Never complain!
Never make excuses!**





Philippians 2:15

**that you may be blameless
and innocent, children of
God without blemish in
the midst of a crooked
and twisted generation,
among whom you shine
as lights in the world...**

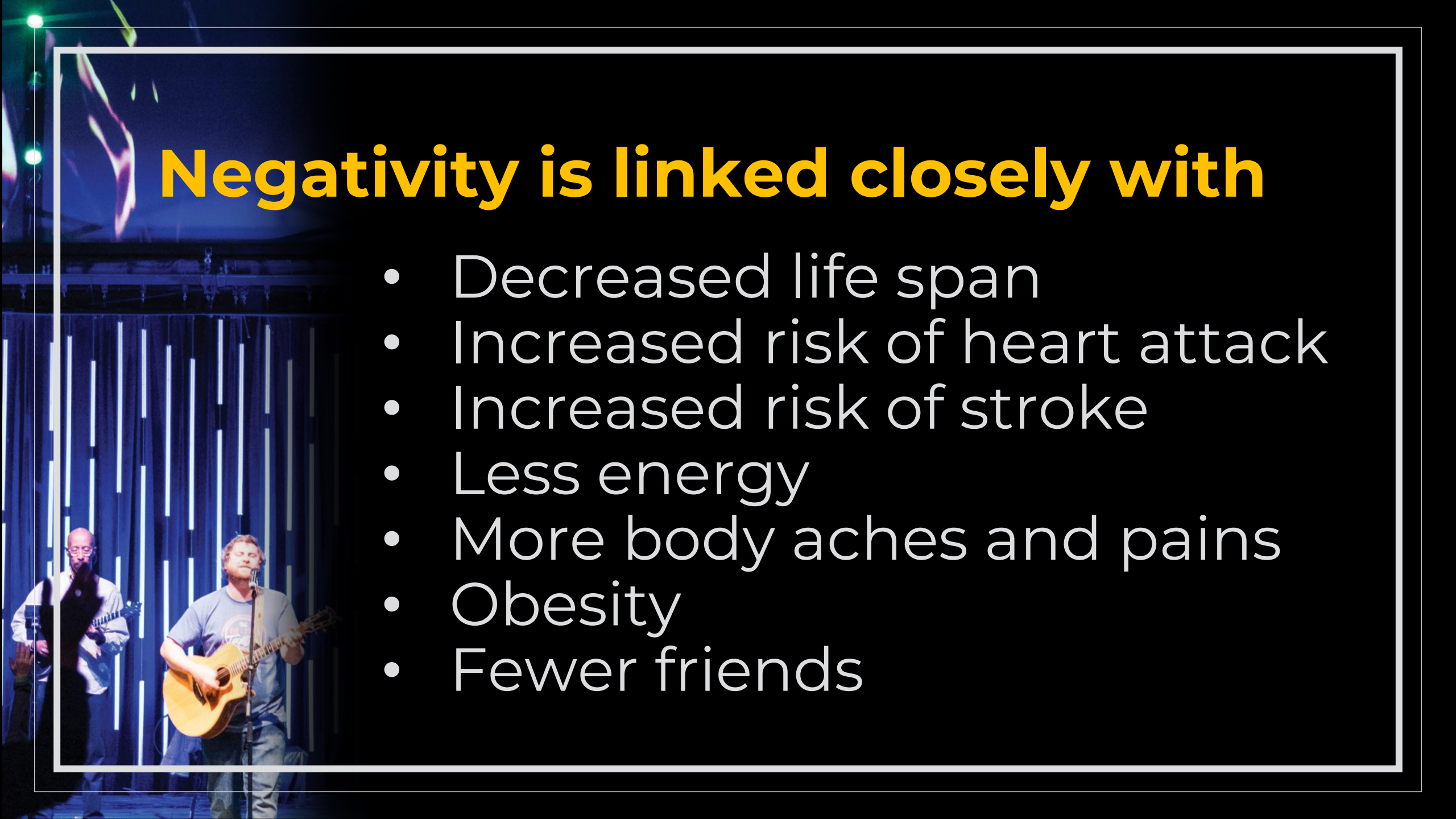


Weekend GATHERINGS



Negativity is linked closely with

- Decreased life span
- Increased risk of heart attack
- Increased risk of stroke
- Less energy
- More body aches and pains
- Obesity
- Fewer friends



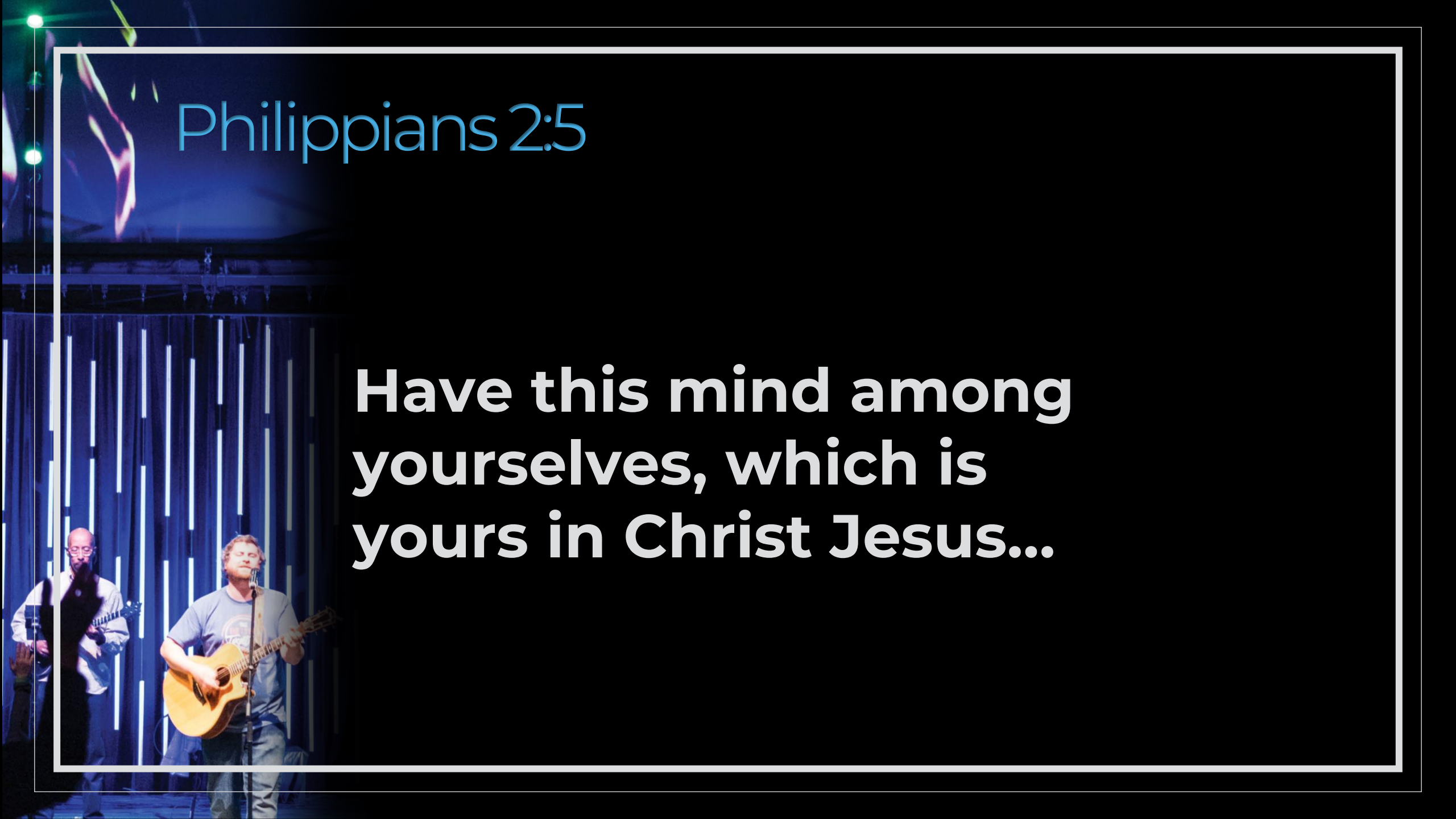
Weekend GATHERINGS





“The ‘dos’ can never be detached from the ‘done’.”

Jared C. Wilson



Philippians 2:5

**Have this mind among
yourselves, which is
yours in Christ Jesus...**

**Do everything
without complaining
and arguing.**



The “Are You A Complainer?” Assessment

From
The No Complaining Rule
by Jon Gordon





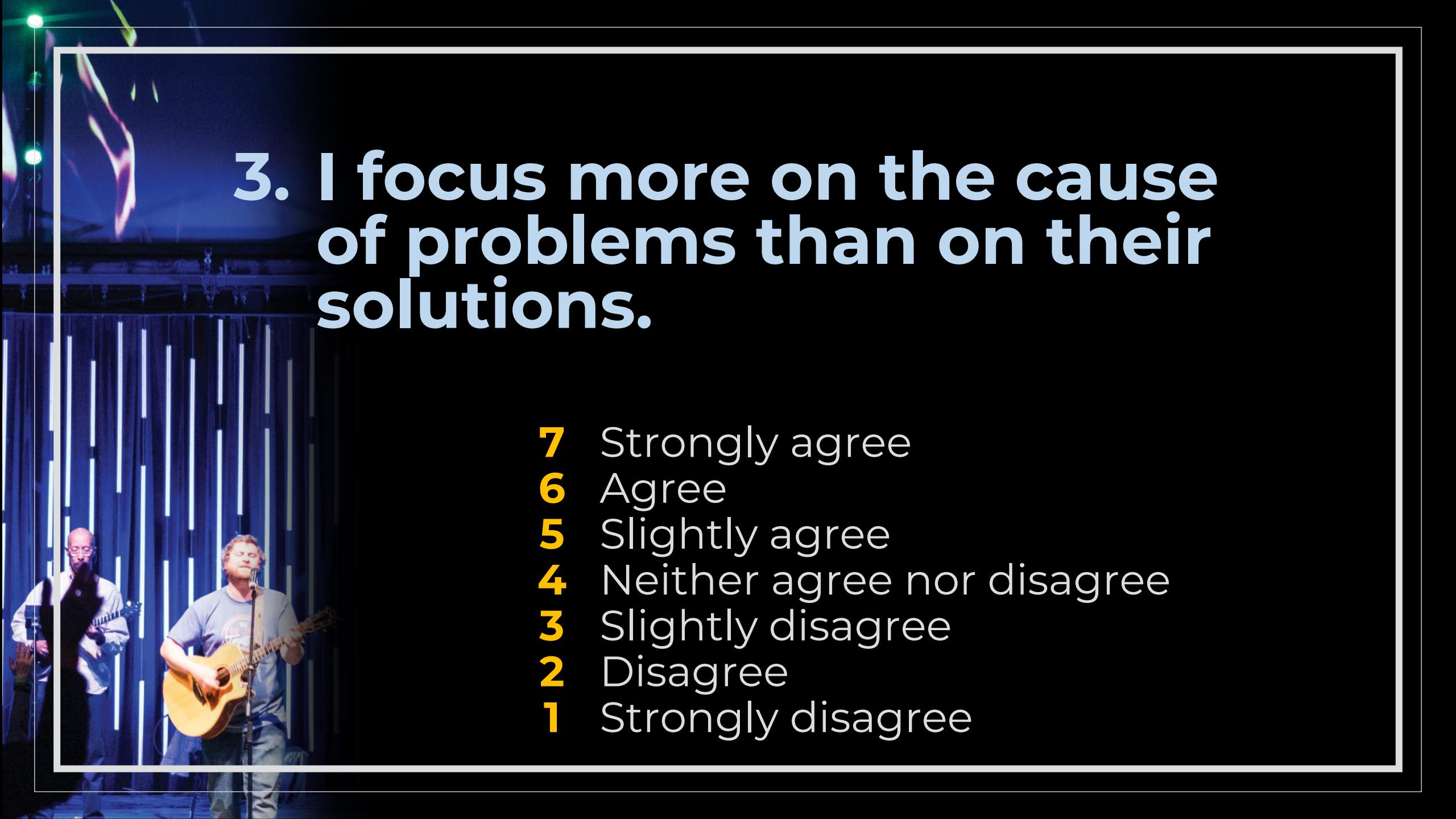
1. I usually share my problems with others.

- 7 Strongly agree
- 6 Agree
- 5 Slightly agree
- 4 Neither agree nor disagree
- 3 Slightly disagree
- 2 Disagree
- 1 Strongly disagree



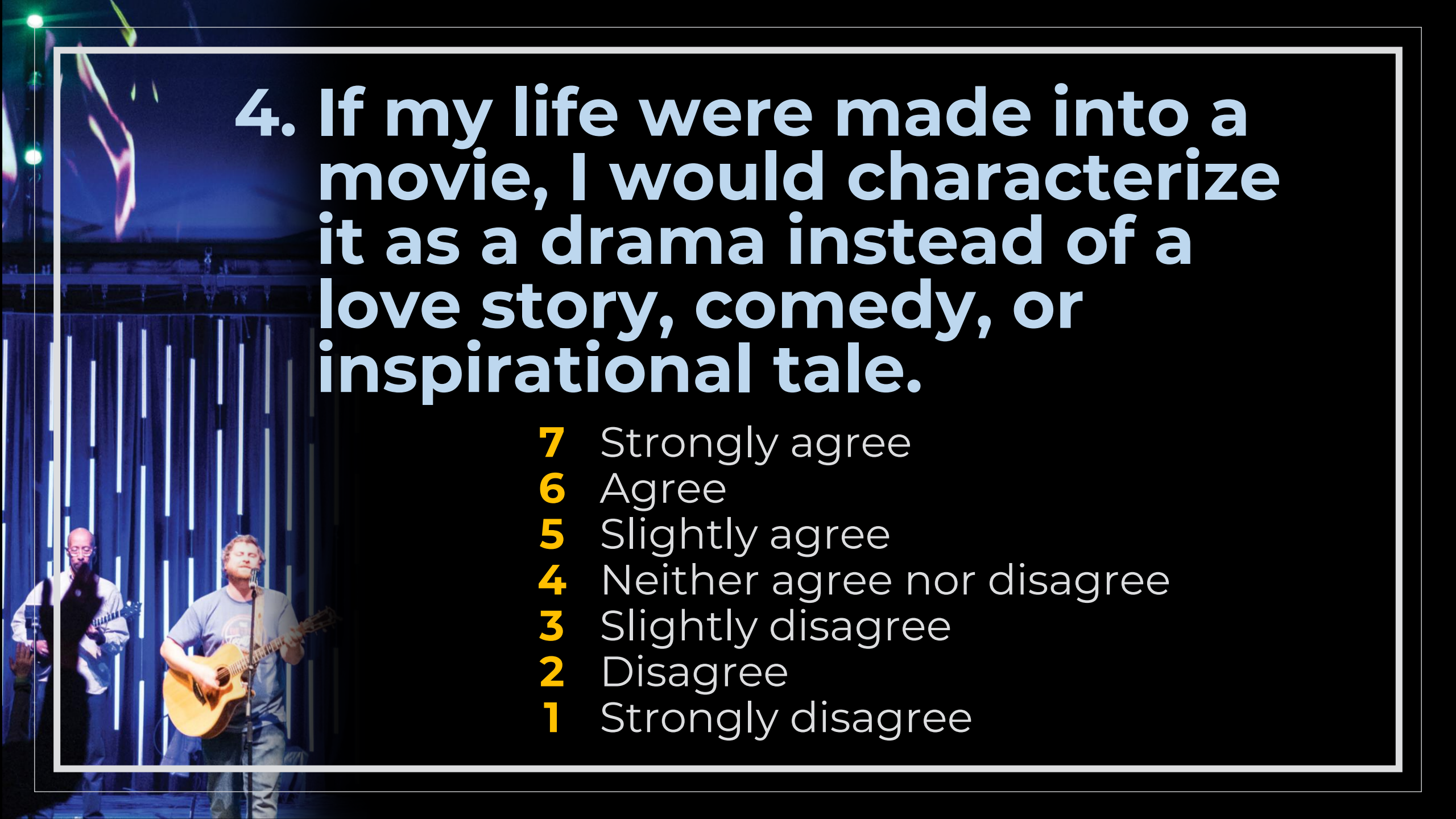
2. I regularly express my negative feelings to others.

- 7 Strongly agree
- 6 Agree
- 5 Slightly agree
- 4 Neither agree nor disagree
- 3 Slightly disagree
- 2 Disagree
- 1 Strongly disagree

The background of the slide features a photograph of a stage performance. Two men are visible: one on the left playing a guitar and another in the center singing into a microphone while also playing a guitar. The stage is lit with blue and white vertical light bars. A large, bold text overlay is positioned in the upper right quadrant of the image.

3. I focus more on the cause of problems than on their solutions.

- 7** Strongly agree
- 6** Agree
- 5** Slightly agree
- 4** Neither agree nor disagree
- 3** Slightly disagree
- 2** Disagree
- 1** Strongly disagree



4. If my life were made into a movie, I would characterize it as a drama instead of a love story, comedy, or inspirational tale.

- 7 Strongly agree
- 6 Agree
- 5 Slightly agree
- 4 Neither agree nor disagree
- 3 Slightly disagree
- 2 Disagree
- 1 Strongly disagree



5. I complain a lot.

- 7** Strongly agree
- 6** Agree
- 5** Slightly agree
- 4** Neither agree nor disagree
- 3** Slightly disagree
- 2** Disagree
- 1** Strongly disagree



The “Are You A Complainer?” Assessment

from *The No Complaining Rule* by Jon Gordon



35-30

Major complainer.
Complaining is a habit for you.

The “Are You A Complainer?” Assessment
from *The No Complaining Rule* by Jon Gordon



35-30

Major complainer.
Complaining is a habit for you.

29-24

Complainer. You spend too much
time on the complaining train.

The “Are You A Complainer?” Assessment
from *The No Complaining Rule* by Jon Gordon



35-30

Major complainer.
Complaining is a habit for you.

29-24

Complainer. You spend too much
time on the complaining train.

23-18

You are in the middle. Time to shift
gears and focus on the positive.

The “Are You A Complainer?” Assessment
from *The No Complaining Rule* by Jon Gordon



35-30

Major complainer.
Complaining is a habit for you.

29-24

Complainer. You spend too much
time on the complaining train.

23-18

You are in the middle. Time to shift
gears and focus on the positive.

17-12

Complaining isn't much of an
issue for you. Stay positive!

The “Are You A Complainer?” Assessment

from *The No Complaining Rule* by Jon Gordon



35-30

Major complainer.
Complaining is a habit for you.

29-24

Complainer. You spend too much
time on the complaining train.

23-18

You are in the middle. Time to shift
gears and focus on the positive.

17-12

Complaining isn't much of an
issue for you. Stay positive!

11-6

You seldom complain.
Keep shining bright!

The “Are You A Complainer?” Assessment

from *The No Complaining Rule* by Jon Gordon

Weekend GATHERINGS

