

AT-HOME DISCUSSION GUIDE

GROW UP : August 1st | Week 3

MAIN POINT AND BIBLE VERSE

MAIN POINT

No more whining or complaining. It's time to grow up!

BIBLE VERSE

Philippians 2:14 NLT, Do everything without complaining and arguing ...

ICEBREAKER

What do you do when you get upset about something?

REVIEW QUESTIONS

1. If you quit whining, complaining, and arguing, how do you think it would help you? *Answers will vary.*
2. In the Bible story (Jonah 4:1-11), what did Jonah do that wasn't mature? *He had a bad attitude and argued with God.*
3. Talk about a time you acted like Jonah by whining, complaining, or arguing. *Answers will vary.*
4. When you whine and complain all the time, what do you think it shows others? *Answers will vary.*
5. When you have a good attitude, what do you think it shows others? *Answers will vary.*

ACTION STEP QUESTIONS

1. What are some things you can do to help yourself quit whining, complaining, and arguing? *Remember the Bible verse, pray, ask for help, etc.*
2. If you catch yourself whining, what will you do? *Apologize, change your attitude, etc.*

PRAY TOGETHER

1. **Ask** kids to share things they'd like to pray about.
2. **Write down** their prayer requests.
3. **Pray** together over the prayer requests.

Not sure what to pray? Pray this: *God, please help us to be thankful for everything You've given us instead of whining and complaining. In Jesus' name, amen.*

