

DON'T JUST COMPLAIN ABOUT IT

I pour out my complaints before him
and tell him all my troubles.

PSALM 142:2 NLT

Why do I have to wait? I don't wanna be a tree in the play. I don't like this game. Everybody complains. In fact, researchers have figured out that when we're talking to someone, we complain about once every 60 seconds. But that's not the worst part: complaining actually changes the brain and makes us complain even more!

The brain likes to build little shortcuts for the things it does most often. So if you complain a lot, your brain's neurons (NYOOR-ons) arrange themselves to make that easier to do. (Neurons are cells that carry messages



through the brain.) The trouble is, those shortcuts make it harder to do other things, like be grateful. Researchers also found that just listening to someone else complain causes your neurons to start moving around. Now, that's something to complain about!

Yes, there are times to complain, like when a problem needs fixing. For example, if the restaurant forgot to put cheese on your cheeseburger. But there's a right way to complain. Go to the person who can fix the problem. Say, "Excuse me . . ." and politely explain what's wrong. When they fix it, smile and say thank you. (If they don't fix it, you might need to get a grown-up to help.)

Don't complain just to complain. If there's a real problem, go to the one who can fix it. When it's the cheese for your cheeseburger, that's the person at the restaurant. For bigger things in life, that's God. He's the One who can fix your troubles, so talk to Him. Then trust Him to do what's best—and quit complaining.

Lord, when things aren't going my way, remind me to go to the One who can fix it instead of constantly complaining. Amen.

EXPLORE THE WONDER



People have been complaining for a very, very, very long time. And sometimes they put it in writing. Archaeologists (people who dig up and study the stuff from the past) found a 4,000-year-old tablet from ancient Mesopotamia. It was a complaint from a customer. He wasn't happy with the pieces of copper he bought and wanted his money back!