

[Type text]

Choosing Not to Murmur, Fuss or Complain



Opening Song: [Smiles](#) (If You Chance to Meet a Frown) Pg 267 Children's Songbook

Closing Song: [Count Your Blessings](#) # 241 Hymns

We should be very careful of the things that come out of our mouths. Always there should be good things coming from them. Fussing, whining, and complaining do not equal good things.

What do the scriptures say about what kinds of things should come from our mouths? Use some of these scriptures.

[Phillipians 2:14](#) Do all things without murmurings and **disputings**:

[James 3:10](#) Out of the same **mouth** proceedeth blessing and cursing. My brethren, these things ought not so to be.

[Ephesians 4:29](#) Let no corrupt **communication** proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers.

[Matthew 15:11](#) Not that which goeth into the mouth **defileth** a man; but that which cometh out of the **mouth**, this defileth a man.

What do the prophets say about what kinds of things should come from our mouths? Use the following as desired.

The Prophet [Joseph Smith](#) deepened our understanding of the power of speech when he taught, "*It is by words ... [that] every being works when he works by faith.* God said, 'Let there be light: and there was light.' Joshua spake, and the great lights which God had created stood still. Elijah commanded, and the heavens were stayed for the space of three years and six months, so that it did not rain. ... All this was done by faith. ... *Faith, then, works by words; and with [words] its mightiest works have been, and will be, performed.*"¹ Like all gifts "which cometh from above," words are "sacred, and must be spoken with care, and by constraint of the Spirit."² (From Jeffrey R. Holland *The Tongue of Angels*)

I love what Elder Orson F. Whitney once said: "The spirit of the gospel is optimistic; it trusts in God and looks on the bright side of things. The opposite or pessimistic spirit drags men down and away from God, looks on the dark side, murmurs, complains, and is slow to yield obedience."³ We should honor the Savior's declaration to "be of good cheer."⁴ (Indeed, it seems to me we may be more guilty of breaking that

[Type text]

commandment than almost any other!) Speak hopefully. Speak encouragingly, including about yourself. Try not to complain and moan incessantly. (From Jeffrey R. Holland *The Tongue of Angels*)

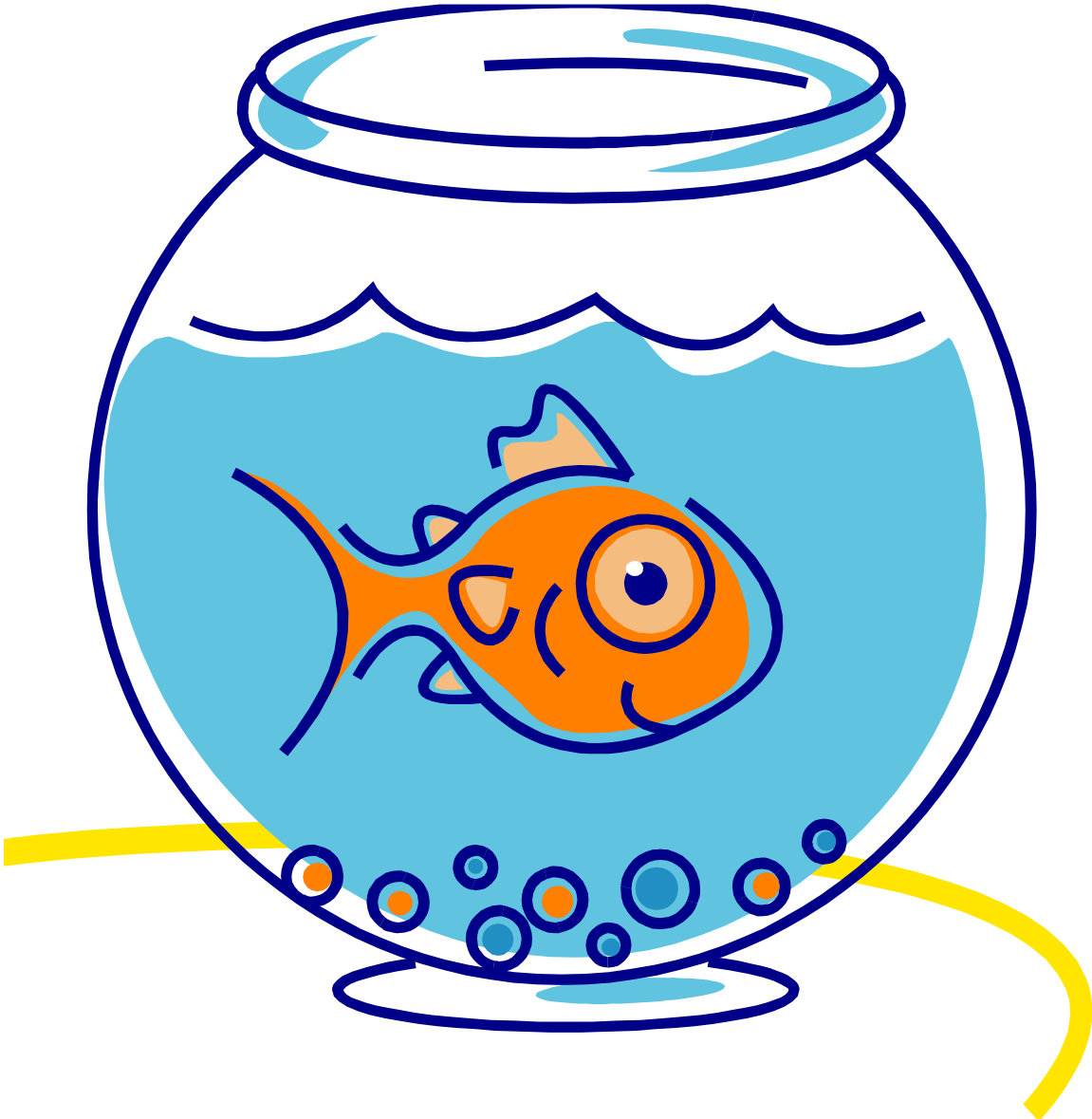
Read *Fish Don't Fuss*. Purchase [here](http://www.lulu.com/shop/marika-lee-connole/fish-dont-fuss/paperback/product-21791360.html): (<http://www.lulu.com/shop/marika-lee-connole/fish-dont-fuss/paperback/product-21791360.html>) \$5.95, but watch for coupon codes.

Keep score between Nephi and his older brothers Laman and Lemuel. Look up the scripture verse and give a point to any team that doesn't complain, whine or fuss. Instead of doing something negative, what positive thing did the person(s) do? How do you think the team that chose a negative action felt?

Laman and Lemuel Attitude	Points	Nephi Attitude	Points
1 Nephi 2:11		1 Nephi 1:1	
1 Nephi 3:28		1 Nephi 2:16	
1 Nephi 16:20		1 Nephi 3:16	
1 Nephi 17:17-18		1 Nephi 4:1	
1 Nephi 18:4		1 Nephi 18:3	
2 Nephi 5:2-3		2 Nephi 5:5 & 10	

Print copies of and cut out the following fish picture to put on the fridge and throughout the house to remind the family to be like the fish and not fuss this week! If a little someone gets fussy this week, we can gently remind them of the fish story and/or ask how they might be able to choose a better choice like Nephi did.

[Type text]



[Type text]