How to Stay Positive in a Negative World

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FOOTHILLS COMMUNITY CHURCH

1. **Understand How Negativity Influences Us**

   - Negativity is extremely damaging
   - Negativity is connected to our _____

Romans 8:5-6 "For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. [6] For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace." (ESV=English Standard Version)

2. **Limit Negative Influences Where Possible**

   - Limit exposure to negative _____

Romans 16:17 "...Watch out for people who cause divisions and upset people's faith...Stay away from them." (NLT=New Living Translation)

   - Limit exposure to negative _____

3. **Make Choices That Produce Positivity**

Philippians 4:4-9 "Always be full of joy in the Lord. I say it again—rejoice! [5] Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. [6] Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. [7] Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus. [8] And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. [9] Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you." (NLT)

1. Choose to _____
2. Treat people well
3. Focus on _____

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4. Pray through your anxiety

5. Be _____ for what God has done

6. Choose what you think about

7. Do this _____

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Discussion Questions:

1. We all struggle with negativity at times. Why is it so damaging?

2. How is negativity a fleshly response to life and circumstances?

3. What are practical ways we can limit negative influences?

4. Philippians 4 gives us 7 practical choices that have a positive influence on our lives. Discuss each one. Share about the struggles of living this way in a negative world. Share your own personal stories, your successes, and failures.

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