

OVERCOMING NEGATIVITY

MEMORY VERSE: Romans 8:5-6 NIV

Those who live according to the flesh have their minds set on what the flesh desires; but those who live in accordance with the Spirit have their minds set on what the Spirit desires.⁶ The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace.

Be careful how you think; your life is shaped by your thoughts.

Proverbs 4:23 GNT

“No one is more influential in your life than you are, because no one talks to you more than you do.” —Dr. Paul David Tripp

- **Your thoughts have incredible power.**
- **You have incredible power over your thoughts.**

Negativity Bias

- **Negative events imprint on our brains more quickly and linger longer than positive ones.**
- **Negativity becomes a habit.**

Where Are You Most Prone to Negativity?

1. **Cynicism**
2. **Negative Filtering**
3. **Negative Filtering**
4. **Blaming**

... but David encouraged himself in the LORD his God. - 1 Samuel 30:6 KJV

- Psalm 103:1-5 NIV, Psalm 103:8 NIV, Psalm 86:15 NIV, Psalm 145:8 NIV

Cynicism

With God’s help, I will get rid of all bitterness and skepticism.

**I choose to believe the best about others
and be kind, compassionate, and loving.**

I will love and forgive others as Jesus has loved and forgiven me.

Negative Filtering

**God, by Your power, I take every thought captive
and make it obedient to the truth of Christ.**

**Because You are good, I choose to think on
what’s good, right, true, helpful, and worthy of praise.**

**As I trust in You, Your peace will guard
my heart, soul, and mind.**

Absolute Thinking

**As Jesus loved and accepted me, I will love and accept others.
Rather than always being right, I’m called to always be loving.
Rather than just making a point, I choose to make a difference.**

In humility, I choose to love others above myself.

Blaming

God has given me a life and mind of my own.

**By His grace, I will own my choices
and choose God’s best for me.**

**I believe I have been given everything I need
to accomplish everything God wants me to do today.**

In Christ, I will overcome.

MY NEXT STEP TODAY IS -- WHAT IS THE WISE THING?

REFLECTION QUESTIONS

Read **Romans 8:5-6**. What would it look like to have your mind set more often on the desires of the Spirit?

Knowing God’s Word helps us fight negativity. Share any of your favorite verses or stories from Scripture that encourage you.

You have power over your thoughts. Talk about ways you can control what you think about this week. How could this change your life?

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