

# PENINSULA CHRISTIAN FELLOW SHIP

## Are You Positive?

### I. Our Perception

#### A. World view / what we believe

1. Not just we say we believe, but how we actually act (James 2:14-18)
2. What you believe can change over time. Good or bad. (John 6:66-69)

#### B. How we interpret events

1. Our past experiences tells us how to respond
  - a) *Coldness, rejection, assumed disappointment, baggage*
  - b) *Joy, acceptance, comfort, support*
2. Our beliefs guide us forward
  - a) *Sin isn't bad because it is forbidden, it's forbidden because it's bad*
  - b) *Positive outlook yields positive results, but not always*
  - c) *You can accomplish anything if you try hard enough, but not always*

### II. Negativity

#### A. It's not all bad

1. Things are wrong in the world and need to be fixed
2. We connect through shared distress as a coping mechanism
3. It's part of letting go of the offence

#### B. Why are we drawn to negativity?

1. Flaws are easy to find and we look competent to notice them
2. It's easy to find someone that seems worse off than we are
3. If we focus on others mistakes maybe they won't see ours

#### C. It leads to a pattern of dissatisfaction

1. You begin to think all people and things will fail you
2. You believe the only who will look out for you is you
3. Without community these can be true.

### III. Positive Change of Mind (Phil 4:4-13)

- A. Confess and let it go (Eph 4:25-29)
  - 1. Don't bottle up negativity. Confront it, but don't embrace it
  - 2. Forgive and ask forgiveness (Matt 6:14-15)
- B. Don't be anxious
  - 1. We all have things that bug us. Give them to God in prayer
  - 2. Embrace peace and think instead of reacting
  - 3. God knows it's hard, that's why He encourages us
- C. Think about good things that build up
  - 1. Make sure it is true. Lies just make things worse
  - 2. Look for the good and positive. Isn't that how you want things to be?
    - a) *Encourage what is good and it will grow*
    - b) *Sometimes we need to give hard love, but maybe not as often as we think*
- D. Care for others (1 Peter 4:8-10)
  - 1. When you focus on others a lot of times your own problems seem manageable (smallest package someone wrapped in themselves) (Phil 2:1-4)
    - a) *But be careful not to neglect yourself*
    - b) *It's ok to ask for help, that's what our community is for*
  - 2. What would actually benefit them instead of what you think would benefit them. Don't know? Just ask.
  - 3. Look to God.
    - a) *Pray*
    - b) *Read His word*
    - c) *Talk to His people.*