

Message Summary: Resisting negativity will never be an easy thing. Everyone seems to be complaining about something. The news is primarily negative. Because we are surrounded by so much of it, we must be intentional not allowing the negativity to define us. This is easier said than done. How is Jesus asking you to grow a grateful "Hot Spot" in your heart? Today we are going to answer this question as we continue a church wide 21-day challenge to grow in gratitude.

Resisting an Ocean of Negativity

- 1. Complaining destroys your testimony for Jesus.**
Philippians 2:14-15
- 2. Complaining is a faithless response to circumstances.**
Numbers 11:1
- 3. Complaining is a fleshly response to adversity.** Galatians 5:19-20
- 4. Complaining results in God withholding blessing.** Numbers 14:29
- 5. Complaining multiplies negativity.**

How Do We Resist Negativity?

- 1. Limit exposure to the negative where you can.** Proverbs 4:23
- 2. Increase exposure to what is good.** 2 Timothy 2:22
- 3. Pray through your difficulties.** Philippians 4:6-7
- 4. See circumstances through the eyes of faith.** Psalm 119:143
- 5. Choose your attitude every day.** 1 Thessalonians 5:18

LifeGroup Questions:

BEGIN IT- (5min) Praise & pray that God leads the study.

OPEN IT – (10min) Share about your own journey with negativity.

EXPLORE IT- (60min) Review Sunday's sermon outline and add additional notes people made about the message.

1. Discuss the five reasons why we should avoid negativity.
2. Discuss the five ways given how we can avoid negativity.
3. What is one thing God is wanting you to work on in this area?

APPLY IT- (15min) How have you embraced the 21 days of gratitude challenge and how has your gratitude become different? (Nov.5 to Nov.25 – Express gratitude for a different item each day.)