

Moving Away From Negativity

NEGATIVITY

- Gloomy, pessimistic, lacking in positivity, affirmation and encouragement
 1. Finding what is wrong - missing what is right
 2. Focusing on the bad - ignoring the good
 3. Tainted expectations - neutral to bad
- Why do we think this way?
 1. Negativity bias - hard-wired to react stronger to negatives
- Jesus warned about a negative perspective (**Matthew 6:22-23 NLT**)
 1. Seeing the good / what's working / what we have
 2. Seeing the bad / what's wrong / what we don't have
 3. The good news is we can rewire our brains, our thoughts, and attitudes (**Ephesians 4:23 NKJV**)

THE MISADVENTURES OF A NEGATIVE KING (1 Kings 21:1-7 NLT)

- Ahab had a lot to be thankful for
 1. He lived in a palace
 2. He was the king
 3. He had vineyards and money
- He was disappointed - not injured, not sick
 1. He couldn't get the vineyard close to him
 2. He was obsessed with what he couldn't have
- Ahab's negative perspective took him to a bad place
 1. Affected him to where he wouldn't eat
 2. His negativity impacted his family and got a man killed

DEVELOPING A NEW PATH AWAY FROM NEGATIVITY

- Hold on to positives (HALO Method)
 - H** - Have a Scripture, the entrance of God's Word gives light
 - A** - Absorb that Scripture, read it / write it / think about it (**John 8:31-32 NKJV**)
 - L** - Lip it, speak the Scripture out loud
 - O** - Own it, make it God's Word to your personally (**1 Timothy 4:15 NKJV**)
- Intentionally focus on the good (Gratitude Scan)
 1. RAS - Reticular Activity System
 2. Intentionally think of what you are grateful for
 3. Thank God out loud for these things (**Ephesians 5:20 NKJV**)
- The big reason: Negative is not who we are (**Ephesians 5:8 NKJV**)