

## Free in 2023 - Week 4 – Feb. 1, 2023

Theme for the year. Becoming better. **Free from Negativity**

**Negativity** – *expression of criticism or pessimism about something.*

*Tendency to see the worst aspects, believe that the worst will happen.*

*A lack of hope or confidence in the future.*

**Can't be negative/pessimist and be a Christian... person/faith**

“Faith is confidence in what we hope for and assurance about what we do not see.” – **Heb. 11:1 NIV**

“- - Faith is the substance of things hoped for, the evidence of things not seen.” **KJV**

**Faith = God . . . God is hope.**

“May the God of hope fill you w/ all joy & peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.” **Rom. 15:13**

- Negativity doesn't align w/ Christian faith. Hope does... knows God.

○ Having doubts, skeptical, questions... doesn't make U bad person

○ Place for that in science, education, inventors.

○ But... glass empty, assume worst/person, bad luck, nothing good – **out of alignment.**

▪ “those who hope in me will not be disappointed” **Isa. 49:23**

The fix? **Choose** to have an alignment.

**James 1:2** - “My friends, consider yourselves fortunate when all kinds of trials come your way” . . . “count it all joy” - “consider it joy” . . . **better.**

**Our attitudes are a choice.** Line up w/ God's word...

Negative mindset?

- **Phil. 4:8** – “my friends, fill your minds with those things that are good and that deserve praise: things that are true, noble, right, pure, lovely, and honorable.”

- Only time negative in Bible? **Scouts** for the promised land.

- Joshua & Caleb said yes, but “they gave a negative report to the Israelites about the land they had scouted” – **Numbers 13:32**

○ Israelites cried that night, then grumbled, fear, no belief...

○ Negativity is a blessing stealer. No promised land. U a scout?

- “God has not given us a spirit of fear, but of power, love, and self-control.” – **2 Tim. 1:7**

### Negative self-image?

- Internal questions? Am I good enough? Anything change? Wrestle w/ Self worth... past mistakes? Shame? Make a difference?
- We are “clay in the hand of the potter.” **Jer. 18:6 Vessels.**
  - Vessels hold what’s poured in, then pour out
  - Created for a purpose. You are enough. Just right.
  - “I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.” – **Ps. 139:14**
  - God who made sunsets made you. Lightning. Rolling sea.

### Negative emotions; grief, loss?

- “God is our merciful Father & the source of all comfort.” – **2 Cor. 1:3**
- “As a mother comforts her son, so I will comfort you” – **Isa. 66:13**
- “And God will wipe away every tear from their eyes” – **Rev. 1:4**
- **Psm. 126:5** – “Those who sow in tears will reap with shouts of joy.”
- **Isa. 51:11** - “Sorrow and mourning will disappear, and they will be filled with joy and gladness.”
- **Psm. 30:5** – “Weeping may endure for a night, But joy comes in the morning.”

### Negative view of future:

- “Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again— my Savior and my God!”- **Psm. 43:5**
- Before digital age, we took pictures w/ hope... when film developed
  - Camera film is exposed to light, it causes in the film to react.
  - U got pictures & “negatives” . . . the opposite of the image: what is black is white, white is black.
    - Negativity is the opposite of what you want in life.
    - Hold the picture in your mind, not the negative.
    - Expose your thoughts to God’s light.

Stay positive. Test negative. Vaccinated. Have hope, not negativity.

Song of the week: “You Say” – Lauren Daigle