

Peace Of Mind
Outline – September 10, 2023
Romans 8:5-8, 12:1-2, 15:13

Chronic Negativity Is Now An Epidemic

- I. **Negativity is a real problem**
 - A. It is a psychological problem
 - 1. The foundation and symptom of many psychological diagnoses
 - B. It is a spiritual problem
 - 1. Doubts God's promise
 - 2. Causes division in churches
 - 3. Brings contempt to the hope of God
 - C. It is a relational problem
 - 1. Tears down attachment
 - 2. Becomes a source of criticism
 - 3. Creates a "no win" situation (nothing ever good enough)
- II. **Why is negativity so toxic?**
 - A. We have a negativity bias
 - 1. Negative events imprint on our brains more quickly, longer, and easier than positive events
 - 2. Bad things, tragic things get our attention faster
 - B. When negative happens, we go into fight, flight, or freeze
 - 1. If that becomes chronic, it takes a toll on our life
 - 2. If you are surrounded by negativity, news, friends, beliefs, you focus on negative
 - a. You believe the worst before you believe the best
 - b. You create a self-hate
 - c. You can't take compliments or blessing
 - d. You can't trust
 - e. You generalize (all men/women)
 - f. Everything is wrong
 - g. Never going to be happy
 - C. What this eventually does
 - 1. Creates a negative inner script
 - 2. Lose control over your thoughts
 - 3. Lose your peace
 - D. Then you find the negative in almost anything, anyone
 - 1. When you put on negative glasses, all you see is negative
- III. **Where does this negativity come from?**
 - A. Our interpretation of circumstances
 - B. The voice of our family and friends
 - 1. Believe what you hear

2. Take on the values, perspective of others
- C. The thoughts that we allow in our life
 1. We go in the direction of our thoughts (James 1:14-15)

IV. We have power over our thoughts

- A. We don't have to be a victim of our thoughts (Philippians 4:8)
- B. When we think/focus on what is Godly, what is His will? We have life and peace
- C. When we think/focus on that which is not of God, we will struggle, we will lose:
 1. Hope
 2. Peace
 3. Relationships
 4. Life

V. Here are 5 questions we need to ask ourselves

- A. Where is negativity hurting you, your family, marriage, faith, direction in life?
- B. How did you become so negative?
 1. What is your story?
 2. What person?
 3. What experience?
 4. What unmet expectation can you not let go and negativity has taken over?
- C. Why do you choose to stay negative?
 1. Why do you allow that _____ to have so much control over you?
- D. What is your specific area of negativity?
 1. We all have a specialization of negativity
- E. Have you ever allowed God's Word to help you renew, restructure your mind so you can have life and peace?

VI. What are the 5 primary areas of negativity? (Where are you the most prone?)

- A. Relational cynicism
 1. Distrust people
 2. Distrust motives
 3. PARANOIA
- B. Negative filtering
 1. Everything is wrong in your eyes
 2. Overlook anything good
 3. You find the worst in everything, everybody and every place
- C. Absolute bias thinking
 1. All men are bad
 2. All women are liars
 3. All Christians are hypocrites
 4. If you disagree with me, you hate me
- D. Blaming is a way of life

1. Always a victim
 2. You believe you have no control
 - a. Viktor Frankl
 3. World stacked against me
 4. You refuse to walk a mile in someone's shoes
- E. I can never be wrong
- VII. How King David handled the negativity of life and leadership**
- A. Reflected on God's previous provision
 - B. Recalled God's Word in his life
 1. Compassionate
 2. Abounding in love
 3. Full of grace
 - C. Took a break from negativity
- VIII. Scriptural principles for negative areas**
- A. When cynical
 1. I will love others as Christ loved me
 2. I will show grace to others as God showed me grace
 - B. Negative filtering
 1. God is worthy of my praise
 - C. Absolute bias
 1. My life is not about making a point, but making a difference for Jesus
 - D. As a victim
 1. I can do all things through Christ
 - E. I can never be wrong
 1. All have sinned and fallen short, by grace are ye saved
 2. I came not for the righteous, but for the sinner
 3. God opposes the proud, but gives grace to the humble

You Can Be Transformed By The Renewing Of Your Mind
From The Negative
To The Worshipful, Humble, Merciful, Joyful

