**Stay Positive – Enough With the Negativity**

**“Note to self; Today instead of being upset by all the things that are wrong, I will be thankful for all the things that are right.”**

**We have a natural bent toward negativity.**

**The Role of Dopamine in Negativity.**

***Romans 8:1-8***

**Following the Spirit means thinking about things of the Spirit.**

***Romans 12:2 “Do not conform to the patterns of this world (negative, judgmental, gossip, mean) but be transformed by the renewing of your mind, then you will be able to test and approve God’s will for you, His good pleasing and perfect will.”***

**Philippians 4:4-8**

**Take Aways:**

1. **Doing the Hard Work.**
2. **Turning Down the Negativity.**
3. **Stop sending the Positive to your Spam Folder.**

**Got Questions? Text 519-893-2951 or email shayne@pathwaycc.ca**

1. Share about your last couple weeks as you catch up with one another?
2. What has God been doing in your life? What has He been challenging you with? Where has He been working?
3. What was something that stood out to you in the message this week or something you learned or something you had a hard time with?
4. What did you think about the idea that negativity comes naturally to us? Do you agree or disagree? Why?
5. Read Philippians 4:1-9.
6. What stands out to you in the passage?
7. What is the most challenging part of this passage for you?
8. Was there something that you didn’t understand or do you have any questions about this passage?
9. What does this passage reveal to us about God?
10. Read verse 4-7 again. Paul actually wrote this letter from prison. Does that surprise you? Challenge you? What does it make you think?
11. When you think of the list Paul gives in verse 8 what are some of the things that fit into these categories for you? (for you what are some examples of things that are lovely, pure, admirable etc) What are some things that take your attention that are in opposition to this list? What can you do to decrease the mind share devoted to the opposition list?
12. Which take away did you resonate with most this week? Why did it stand out to you? Is there something you need to do in response?
13. Spend some time praying for one another to close your time.