**Stay Positive – The Power of Positive People**

**“Almost all research on happiness from contemporary scientists to ancient philosophers agrees that having strong social bonds is probably the most meaningful contributor to happiness”. Gretchen Reuben**

**“Of all the things that wisdom provides for living one’s entire life in happiness, the greatest by far is the possession of friendship.” Epicurus**

**Positive Relationship Builders**

**Humility**

***Romans 12:3-8, 1 Peter 4:8-10***

**Encouragement**

***Romans 12:9-10, 1 Thess 5:11, Hebrews 10:24-25***

**Burden Bearing**

***Romans 12:11-16, Ecclesiastes 4:9-12, Proverbs 17:17***

**Forgiveness**

***Romans 12:17-18, Ephesians 4, Colossians 3, Matthew 6***

**Positivity Repellers**

**Gossip**

***Proverbs 16:28***

**“Studies show that in this psychological phenomenon people will transfer the gossiped about trait to the deliverer of the gossip.” Gretchen Rueben**

**Chronic Negativity**

**Dishonesty & Disingenousness**

**Take Aways:**

1. **Intentionality is Key**
2. **How are your doing?**

**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. Read the 2 quotes at the top of the notes. Do you think these quotes are accurate? How important do you think good relationships really are?
4. What was something that stood out to you in the message this week or something you learned or had a hard time with?
5. Which of the Positive Relationship Builders do you have the hardest time cultivating? Why do you think this is?
6. Which of the Positivity Repellers is hardest for you and why?
7. Read Colossians 3 together.
8. What stands out to you in these passages?
9. What is the most challenging part of these passages for you?
10. Was there something that you didn’t understand or do you have any questions about these passages?
11. What do these passages reveal to us about God?
12. In verses 5-9 Paul gives a laundry list of ways of the old nature. What stands out to you about this list with regards to relationships?
13. What does it look like practically to clothe ourselves in the list in verse 12? (Easy to say – but what does it actually look like?)
14. Forgiveness is talked about a lot in scripture. Why do you think this is the case? What makes forgiving someone so hard?
15. What is something you can do this week to be more intentional in building healthy positive relationships this week?
16. Spend some time praying for one another to close your time.