

# WEEK 5: ESCAPE THE NEGATIVITY TRAP



## WELCOME

The world is dark, but as Christians who live in the light, we can discover a whole lot to smile, stay joyful and stay hopeful about. When you live in a dark place, cynicism may be the easy choice, but it's not the best choice. Walking in the Light helps us to seek what's good, and see what's good. Let's embrace the way God recreated us to be and to think, a thing you're good at.

- What do you think is the our country's biggest problem?

## WORSHIP

- Sing, *Bless God* (Charity Gayle)  
(If you're meeting in a public space, skip the song and instead have 2 or 3 people share a praise/thanks report.)

## WORD

- **Read 2 Corinthians 10:3-5**
  1. Which part of this message was most impactful for you and why?
  2. The life you have is often a reflection of the thoughts you think. Would you say you tend to have a more positive mindset or a negative one?
  3. What have you learned so far from this sermon series that has helped you win your battles in the mind?
  4. What types of unwanted thoughts do you struggle with the most?
  5. How effective have your been in taking these thoughts captive and surrendering them to Jesus?
- **Read Proverbs 4:23-25**
  1. These three verses teach us a three things about winning the battle in our minds.
    - A. Guard your heart. What do you guard your heart from or against and why? Read Colossians 3:1.
    - B. Guard your lips. Why is it important to not verbalize your negative thoughts? Read Proverbs 18:2.
    - C. Guard your eyes. How does your gaze affect your direction? Read Hebrews 12:1-3.
  2. Read Philippians 1:12-14. Circumstances can be out of your control, but you can choose how to respond to it. What are some ways you could start changing the way you see your circumstances?

## WORK

- Share about a time when you saw Jesus bring meaning and purpose to your pain.
- Everyone has a personal struggle they're facing. What's yours? How can you look for God in it?
- Pray for one another.

### KEY SCRIPTURES

#### **2 Corinthians 10:3-5 NIV**

3 For though we live in the world, we do not wage war as the world does. 4 The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. 5 We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

#### **Proverbs 4:23-25**

23 Above all else, guard your heart, for everything you do flows from it.  
24 Keep your mouth free of perversity; keep corrupt talk far from your lips.  
25 Let your eyes look straight ahead; fix your gaze directly before you.