

OVERCOME NEGATIVITY

Additional Thoughts:

We live in a world that is overcome with negativity, and if we are not careful to guard against pessimistic thoughts, we will fall into a mind trap that is difficult to escape. Pastor Rich Griffith provides sound biblical solutions to combat this very real battle and teaches the importance of being aligned with Christ in both our hearts and our minds.

First: Watch the *Overcome Negativity* video featuring Pastor Rich Griffith, Campus Pastor of SBC – Fountain Hills and retired professional athlete.

*Please note: We use the first person throughout our study guides. We do this with the hope that it will enable you to overcome your personal struggle (in this case with negativity) and to grow in your personal relationship with God.

Dive Deeper

Do you tend to beat yourself down with negative thoughts or feel like all the world has to offer is bad news? Learn a simple, yet very effective way to shift your thought patterns to being more positive.

Pastor Rich Griffith begins his teaching in the video by stating that we are surrounded by negativity, e.g., the media, people groups, people we associate with, relationships with our spouse, kids, and coworkers. He goes on to say, "It's easy to fall into the trap of being negative."

According to Pastor Rich, the challenge is when negativity becomes a cloud over us. It can become contagious, especially if we choose to dwell on and act out the negative. In contrast, focusing on the positive brings forth life.

Colossians reads, "Set your minds on things that are above, not on things that are on earth" (Col 3:1 ESV).

What are the earthly things you have been focusing too much time on?	Additional Thoughts:
What are the heavenly things that you would like to dwell on instead?	
What are some positive actions you can take to help you overcome the negative thoughts you dwell on?	
How will you align your mind, thinking, and willpower to be more in line with the Bible?	
Ways to Overcome Negativity	
1. Take every thought captive.	
Paul writes in Corinthians, "We destroy arguments and every	
lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ" (2 Cor 10:5 ESV).	
What are some specific "arguments" or "negative opinions" in your	
thought life that you would like to take captive?	

What do you think it means to bring our thoughts into obedience	Additional Thoughts:
to Christ?	
What does it look like to "take these thoughts captive?"	
What are some ways you think you can work to free yourself of these negative thoughts that are against the knowledge of God?	
2. Study the truth.	
In Phillipians Paul writes, "Whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is	
commendable, if there is anything worthy of praise, think about these things" (Phil 4:8 ESV).	
What are some ways you can study and use Scripture to	
distinguish true or positive thoughts from untrue or negative thoughts?	

What are some of the ways Jesus modeled for us to conquer	Additional Thoughts:
negativity?	
How frequently do you think you will need to practice these principles?	
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In what specific ways are you displaying negativity?	
What are some positive ways you could represent Jesus to the world around you?	
Recap	
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The Bible is rich in truth regarding how God addresses those of us who are overcome by negativity. It also emphasizes that God walks	
alongside us during times of great distress. We don't need to live in a state of negativity when we know that God is true to His word.	
Pastor Rich stated the following ways to overcome negativity:	
 Dwell and act on positivity that brings life to you and others. Take your thoughts captive. (Col 3:1) 	
3. Set your heart and mind on things that are of God. (Phil 4:8)	
4. Pray and ask God for wisdom.5. Be controlled by the Holy Spirit.	
6. Spend time in the Bible.	

Live It Out	Additional Thoughts:	
 Spend time with the Lord in prayer every day. Take negative thoughts captive. Daily ask God for wisdom. Read your Bible every day and write out verses that will help you combat negativity. Align your thoughts to Christ by focusing on true and positive things from the Bible. 		
Salvation through Jesus		
If you don't know Jesus as your Lord and Savior, we encourage you to visit www.anchorpointmedia.org/the-truth. There you will discover the truth of who Jesus is and how you can have a relationship with Him.		

About Pastor Rich Griffith

Pastor Rich Griffith is the Campus Pastor of SBC - Fountain Hills. Prior to being called to serve God in ministry, Pastor Rich played professional sports. Now, he plays on a different field in service of the Lord and strives to make Jesus known in the local community, as well as throughout the farthest reaches of the world..

About Anchor Point Media

We create Christ-centered videos and material to encourage people to seek the Truth of who Christ is and to grow deeper in their relationships with God.

We partner with Bible scholars and Bible-teaching pastors & leaders who teach biblically-sound doctrine. The teachers we work with have hearts to reach the lost, bring hope to the hopeless, and strengthen relationships with our LORD & Savior.

With God's help, we are actively transforming lives with the Love, Truth, and Hope of Jesus.

Discover more videos from the Overcome series, as well as other series, at www.anchorpointmedia.org.