

Sermon Series - *A Grateful "Hot Spot" in My Heart, part 4*

Message Summary: No one is getting a pain free ride through this life. We all deal with negative things in our circumstances / relationships/ parenting / work stress / finances / physical illness and challenges / the list goes on. How do we stay positive when we live in such a negative world? We need more than 21 days of Gratitude Challenge. (This month has been a lot of fun!) We need to stay positive for the 12 months out of the year. BUT HOW? Today we are going to conclude this series by answering this question.

Keeping a Positively Positive Gratitude

- 1. Understand how negativity influences us.** Romans 8:5-6

- 2. Limit negative influences where possible.** Romans 16:7

- 3. Positive Choices that Produce Positivity.** Philippians 4:4-9
 - **Choose to rejoice** ("Be full of joy in the Lord").
 - **Treat people well** ("Be considerate in all you do").
 - **Focus on eternity** ("The Lord is coming")
 - **Pray through your anxiety and your needs** ("Don't worry about anything, instead pray - Tell God what you need.").
 - **Be thankful for what God has done** ("Be thankful for all He has done")
choose to see it every day – choose to acknowledge it every day.
 - **Choose what you think about** (Fix your thoughts.)
 - **Do this consistently** ("Keep putting into practice")

All LIFE GROUPS are on Holiday Break

DISCUSSION QUESTIONS - Review Sunday's sermon outline.

1. Discuss how damaging negativity is to us personally.
1. Why is it so important to limit our exposure to negative people?
2. Describe how another person's negative attitude has affected you. Discuss how powerful this negative influence is.
3. Share about the negative effects of social media. How do we balance the use of social media?
4. Discuss the seven choices from Philippians 4:4-9. Discuss each one and the challenges of making these choices every day.