



Week 2: Negativity

No one likes feeling trapped. We all have a mindset, a particular way of viewing the world around us. What if our mindsets about life have become mind *traps*? How would we know? What would we do if that was true? This week, we're talking about the mind trap of negativity.

Discussion Questions

1. Clay started his message with this observation: There are two types of people in the world, positive people and negative realistic people? Would someone describe you as more positive or more realistic?
2. Read Philippians 1:12–14. Nothing eliminates negativity like joy. Have you ever seen someone who was joyful in a difficult circumstance? What was the circumstance and how would you describe their response?
3. What difficult circumstance today is making it difficult for you to choose joy?
4. Having joy in our lives begins with our thoughts. Clay gave three practical next steps for choosing joy:
 - Take your thoughts captive. (2 Corinthians 10:5)
 - Find the inputs, limiting the negative ones and increasing the positive ones. (Philippians 4:8)
 - Rejoice in the Lord. (Philippians 4:4)
5. How would you describe what it means to take your thoughts captive?
6. Was there a time when you limited a negative input or increased a positive one? What did you do? How did it help?
7. Is anybody willing to share what God has done for them? For us?
8. Which of the three practical steps (question 4) can you take this week?

Changing Your Mind

Through Christ, we have the ultimate hope of freedom and eternal life. The author of Hebrews says it this way: "Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God."

Hebrews 12:1–2, NASB