

**Growing in Gratitude**  
**“How To Resist Negativity”**  
Nov. 05, 2017  
Pastor Dale Satrum  
Part 1



*Phil. 2:14-15 “Do everything without complaining and arguing,<sup>15</sup> so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.” (NLT)*

### Why Resist Negativity?

1. Complaining destroys your \_\_\_\_\_ for Jesus  
*“Do everything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.” (NLT)*
2. Complaining is a \_\_\_\_\_ to circumstances  
*Num. 11:1 “Soon the people began to complain about their hardship, and the Lord heard everything they said...” (NLT)*
3. Complaining is a \_\_\_\_\_ to adversity  
*Gal. 5:19-20 “Now the works of the flesh are evident: sexual immorality, impurity, sensuality,<sup>20</sup> idolatry, sorcery, enmity, strife, jealousy, fits of anger, rivalries, dissensions, divisions...” (ESV)*
4. Complaining results in God \_\_\_\_\_  
*Num. 14:29 “Because you complained against me, every one of you who is twenty years old or older and was included in the registration will die.<sup>30</sup> You will not enter and occupy the land I swore to give you. The only exceptions will be Caleb son of Jephunneh and Joshua son of Nun.” (NLT)*
5. Complaining multiplies \_\_\_\_\_

### How Do We Resist Negativity

1. Limit \_\_\_\_\_ to the negative where you can  
*Prov. 4:23 “Guard your heart above all else, for it determines the course of your life.” (NLT)*
2. Increase exposure to \_\_\_\_\_  
*II Tim. 2:22 “Run from anything that stimulates youthful lusts. Instead, pursue righteous living, faithfulness, love, and peace. Enjoy the companionship of those who call on the Lord with pure hearts.” (NLT)*
3. \_\_\_\_\_ through your difficulties

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*Phil. 4:6-7 “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. <sup>7</sup> Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” (NLT)*

4. See circumstances through the \_\_\_\_\_  
*Ps. 119:143 “As pressure and stress bear down on me, I find joy in your commands.” (NLT)*
5. Choose your attitude \_\_\_\_\_  
*I Thess. 5:18 “Be thankful in all circumstances, for this is God’s will for you who belong to Christ Jesus.” (NLT)*

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### **Discussion Questions:**

1. Share your own struggle with living in a world that is so negative and trying to resist that negativity taking hold in your own heart.
2. Talk through each of the five reasons why we need to resist negativity and complaining? Do these have any impact on your motivation to work on this issue?
3. There were five practical ways to work on this issue of resisting negativity. Talk through each one. Discuss which ones seem more difficult to you and why.
4. Discuss the attitude card that was included in the bulletin. How difficult is it to make attitude a daily choice?

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