

**Common Enemy #4: Negativity**  
**(Matthew 6:25-33)**  
**Lynn Haven United Methodist Church**

Introduction

Negativity is defined as “the expression of criticism of or pessimism about something.” The devil uses negativity to keep us from enjoying God’s abundant and eternal life. It is easy to excuse its effect on our lives suggesting that it’s just an innocent practice, but negativity is in direct conflict with how we are to live as Christians.

Satan uses negativity to fill our minds with thoughts that are far from godly. That, in turn, leads to negative behavior, because we are (& do) what we think. Two weapons we can use to combat this thinking are seeing life with gratitude and setting proper priorities.

Discussion Questions

1. Think back over the past week. What caused you concern or frustration? Did you confront this issues positively or negatively?
2. How is this attitude in contrast to the one Paul suggests in Philippians 4:8?
3. Max Lucado wrote, “We cry over spilled champagne.” How does this attitude reflect Americans today?
4. Read 1 Thessalonians 5:18. What does the Bible say about how we should approach tough situations? Why is this so hard for us to do?
5. Read Matthew 6:19-21. In the Sermon on the Mount, what does Jesus say about setting our priorities?
6. What does this way of setting priorities look like in our lives today?
7. How does taking Holy Communion give us the chance to combat negativity in our lives?

Conclusion

Don’t cry over spilled champagne. Stop being critical and pessimistic and instead, “Always be full of joy in the Lord. I say it again—rejoice!” (Philippians 4:4 NLT) What is one thing you will do this week to combat negativity?