



STUDY GUIDE – January 26, 2020

Message Title: Positivity
Teaching Pastor: Brian C. Hughes

This study guide has been designed for Small Groups in mind, and can be used by individuals as well.

Check-in:

Which Winnie-the-Pooh character most reflects you: Winnie-the-Pooh, Piglet, Eeyore, Kanga, Roo, Tigger, Rabbit, Owl?

Even if you cannot identify with Tigger from Winnie-the-Pooh, have there been times in your life when you have felt so positive and excited that you could have bounced everywhere? Share that experience.

Pray:

Pray for our time together, that the Holy Spirit would help us to consider who we are becoming. That He would guide us as we ask the questions, "Who do I think I am?" More importantly, "Who does God want me to be?"

Get Started:

Have each person share a recent, negative experience. Then have them identify something positive that came from the experience. If there are many people in your small group then place people in pairs and they can share with each other.

Watch & Discuss the Video:

Read Philippians 4:8

On Sunday Pastor Brian focused on whatever is true. What comes to mind as you think about what's true in YOUR life?

Read John 3:30 - 33 & Titus 1:1-3.

What do you find to be true in these verses?

Consider the other important aspects of the Philippians 4:8.. Share what comes to mind in each category.

- Noble
- Right
- Pure
- Lovely
- Admirable
- Excellent/Praiseworthy

Part of becoming more positive will be the mechanical, not-so-natural (at first), habit of “**disciplined positivity**”. That is, it’s not second nature yet, so let’s do some things that will eventually become a habit.

- Give some examples of what “disciplined positivity” would look like in your life?
- Write a note to a friend or someone you know. Consider including “Love never gives up, believes the best, and never dies!” (1 Cor 13:7-8)

Dive-in:

Read Romans 12:2 & Ephesians 4:20-25.

What is the common theme? How can these verses help you to answer the question, “Who am I becoming?”

Reflect:

When Jesus was confronted by sin, he didn’t talk about that what the person did wrong. He built people up, speaking truth, pointing to what was excellent and praiseworthy before he talked about what wasn’t right. Make it a practice, when something comes to your mind that isn’t right, to ask:

- “**What IS right here?**”
- “**What positive thing can I say first?**”

Start there, and you’ll find something happening inside of you that goes beyond the exercise. You’ll become more of the person God wants you to be.

- There are times or seasons when we don’t feel especially positive. Start with JUST ONE area of your life or relationship this week and in the weeks to come, to think about having a more positive approach. It might be that you start with how you think of YOURSELF. Over time you will see and feel the difference.
- Play the song Echo by Elevation Worship. Take time to listen to the lyrics and choose one line or phrase that made the most impact.

Commit:

Repeat these phrases together. Commit to using one or more of them throughout the week.

- “I need to think about how I think.”
- “I will trust God to do what I cannot.”
- “Have I done all I can do?”

Pray:

Pray for the group members to trust God in this **positivity process** and with the commitments made above.