

# Stay positive

For the despondent, every day brings trouble; for the happy heart, life is a continual feast. **Proverbs 15:15 (NLT)**

Optimism is the unwavering expectation that our loving God is working every situation, for our future good.

We know that in all things God works for good with those who love him, those whom he has called according to his purpose. **Romans 8:28 (GNT)**

## 1. Stop watching so much news

## 2. Limit time on social media

Summing it all up, friends, I'd say you'll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse. Put into practice what you learned from me, what you heard and saw and realized. Do that, and God, who makes everything work together, will work you into his most excellent harmonies.

**Philippians 4:8-9 (MSG)**

“Let me tell you why you are here. You're here to be salt-seasoning that brings out the God-flavours of this earth. If you lose your saltiness, how will people taste godliness?

“Here's another way to put it: You're here to be light, bringing out the God-colours in the world. God is not a secret to be kept. We're going public with this, as public as a city on a hill. If I make you light-bearers, you don't think I'm going to hide you under a bucket, do you? I'm putting you on a light stand. Now that I've put you there on a hilltop, on a light stand—shine! Keep open house; be generous with your lives. By opening up to others, you'll prompt people to open up with God, this generous Father in heaven.

**Matthew 5: 13-16 (MSG)**

## For your small group:

### Read Philippians 4:8-9

1. How does your intake of the news each day relate to this passage?
2. What proportion of your Facebook feed sits comfortably with these verses?

Optimism is the unwavering expectation that our loving God is working every situation, for our future good.

3. With this definition, how optimistic would you say you are, given our present situation?
4. What feeds your optimism? What drags you down?

In Sunday's message, Kevin said that he thought this got easier as you got older and had had more experiences of God being there for you through dark times.

5. Has this been true for you? Is there something you can share with the group?
6. Do you think you are guided more by your feelings or your knowledge of who God is and what he can do?
7. What practical things can you do this week to stay positive?