

#1 SET A LIMIT TO NEGATIVITY

I must be very selective when entering a significant relationship.

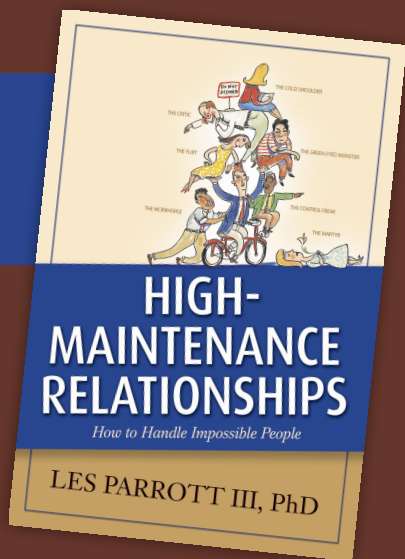
“THE RIGHTEOUS CHOOSE THEIR FRIENDS CAREFULLY, BUT THE WAY OF THE WICKED LEADS THEM ASTRAY.” PROVERBS 12:26

“DON’T MAKE FRIENDS WITH A HOT-HEAD, DON’T ASSOCIATE WITH ONE EASILY ANGERED LEST YOU LEARN THEIR WAYS AND GET YOURSELF ENSNARED.” PROVERBS 22:24-25

THE BIBLE ISN’T AFRAID TO TELL ME TO BE NARROW, INTOLERANT, DISCRIMINATING AND DISCERNING ABOUT THOSE WITH WHOM I WILL DO LIFE.

I must choose **proven character** over flashy charisma in covenantal relationships.

A GUIDE TO UNBREAKABLE RELATIONSHIPS



#2 GET AROUND PEOPLE OF **OPTIMISTIC FAITH**

God created me to need **positive input** from **positive people** to counteract pessimism that seeps into my soul from sin.

"AS OIL AND PERFUME MAKE THE HEART GLAD, SO A SWEET FRIENDSHIP REFRESHES THE SOUL." PROVERBS 27:9

THE **NEGATIVITY BIAS**

Negative input exerts much greater impact on my brain than positive input.

The power of negatives increases disproportionately over positives.

In general, at least 2 positives are needed to offset 1 negative;
...in marriage, the ratio is 5:1

"MAKING UP WITH A FRIEND YOU'VE OFFENDED IS HARDER THAN BREAKING THROUGH THE WALL OF A FORTIFIED CITY." PROVERBS 18:19 (CEV)

"CRUEL AND CUTTING WORDS CRUSH THE SPIRIT, BUT KIND WORDS ARE A TREE OF LIFE," PROVERBS 15:4

NEGATING THE NEGATIVE

1

I must remember that God is less interested in my negative circumstances than in my positive faith response to them.

"If you do what is right, you'll be blessed. But if you don't do what's right, sin is crouching at your door; it desires to have you. You must rule over it." GENESIS 4:6

We cannot choose how many years we will live, but we can choose how much life those years will have.

We cannot control the beauty of our face, but we can control the expression on it.

We cannot control life's difficult moments, but we can choose to make life less difficult.

We cannot control the negative atmosphere of the world, but we can control the atmosphere of our minds.

Too often, we choose to control things we cannot. Too seldom, we choose to control what we can: Our response.

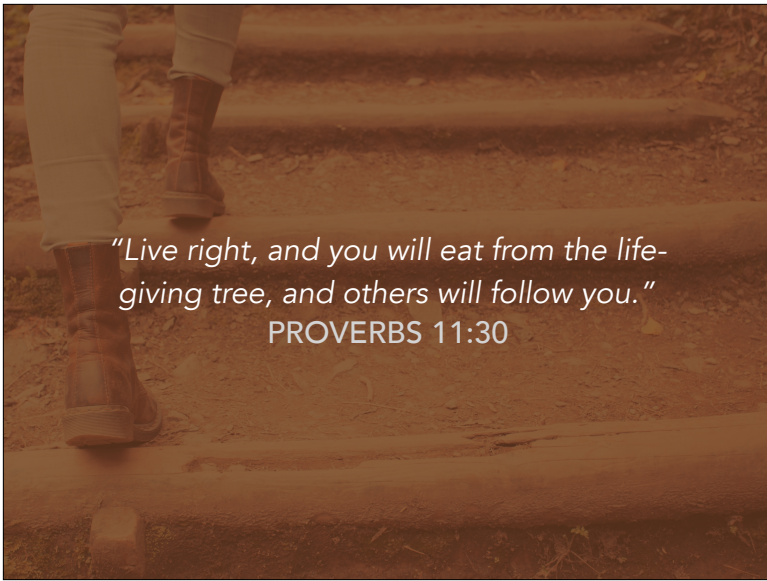
NEGATING THE NEGATIVE

2

I must remember to reframe the way I view negative circumstances since God has a purpose in them.

"I may not be able to change the world I see around me...but I can change the way I see the world within me." JOHN MAXWELL

"Turn away from sin and do what is right!" PSALM 34:14



"Live right, and you will eat from the life-giving tree, and others will follow you."
PROVERBS 11:30



