



Defeat Negativity

Negativity Bias: the natural tendency to be disproportionately biased by negative things

Philippians 1:4: ...I always pray with joy.

Philippians 2:17: ...I am glad and rejoice with all of you.

Philippians 3:1: Finally, my brothers, rejoice in the Lord!...

Philippians 4:10: I rejoice greatly in the Lord...

Philippians 4:8: Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

Find Whatever is Good

Philippians 1:12–14: Now I want you to know, brothers and sisters, that what has happened to me has actually served to advance the gospel.¹³ As a result, it has become clear throughout the whole palace guard and to everyone else that I am in chains for Christ.¹⁴ And because of my chains, most of the brothers and sisters have become confident in the Lord and dare all the more to proclaim the gospel without fear.

Romans 8:28: And we know that all things work together for good to those who love God, to those who are called according to His purpose.

Phil 4:4: Rejoice in the Lord always. I will say it again: Rejoice!

Find Joy in the Lord

2 Peter 1:3: By his divine power, God has given us everything we need for living a godly life.

Isaiah 41:10: Do not fear, for I am with you...I will strengthen you...I will uphold you with my righteous right hand.

1 Corinthians 10:13: God is faithful. He will not allow the temptation to be more than you can stand. When you're tempted, he will show you a way out so that you can endure.

Romans 8:1: Therefore, there is now no condemnation for those who are in Christ.

All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.