

**STAY POSITIVE - Week 1
ENOUGH OF THE BAD NEWS**

- **Optimism is not a _____.**
- **Optimism is not _____.**
- **Optimism is _____ about the future or a successful outcome.**
- **Optimism is the _____ that our loving God is working in every situation for our future good.**

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28

- **What consumes your mind, _____.**
- **The quality of your _____ will never exceed the quality of your _____.**
- **Pessimists tend to view negative events as _____.**

I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. Romans 8:18

- **The _____ I'm in today is producing the _____ I need tomorrow!**

...In the same way, the Spirit helps us in our weakness. ... Romans 8:26

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28

For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, ³⁹neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:38-39

TALK IT OVER

Have you ever thought of optimism as the expectation that God will work every situation for our good? What do you think about that?

Read Romans 8:38-39. What would your life be like if you completely trusted that God was always with you and for you?

How can you shift your mindset so that you trust, in every situation, that God is working for our good?

Consider your thoughts this week. If any are negatively affecting your quality of life, ask God to direct those thoughts to Him instead.