

1. The Effects of Negative relationships:

**Proverbs 18:24**

One who has unreliable friends soon comes to ruin,  
but there is a friend who sticks closer than a brother.

**How does Proverbs instruct you to choose your companions?**

- To many companions that are unreliable can ruin you, instead develop relationships that stick closer than a brother.
- Show me your five best friends and I will tell you who you are.

**How can friendships be forged deeper than a brother or sister?**

- Since brothers and sisters are naturally given as a result of birth, those relationships can be taken for granted because you don't have to earn them. However, a friendship must be developed and nurtured over time. Trust is a process that must be developed.

**How does Jesus state who is truly his family?**

Matthew 12:46-50

<sup>46</sup> While Jesus was still talking to the crowd, his mother and brothers stood outside, wanting to speak to him. <sup>47</sup> Someone told him, "Your mother and brothers are standing outside, wanting to speak to you."

<sup>48</sup> He replied to him, "Who is my mother, and who are my brothers?" <sup>49</sup> Pointing to his disciples, he said, "Here are my

mother and my brothers. <sup>50</sup> For whoever does the will of my Father in heaven is my brother and sister and mother."

- Jesus values time: Who you spend time determines your value and direction. Family is very important to Jesus, but you could see clearly that value and time in developing family was determined by those who do the will of his father. Evaluate time with other by determining how much God and His will is in the fore front of the conversation.

**Have you ever experienced relationships that are draining?  
(How did it make you feel?)**

- a. Negative people will cause you to see the world in a negative way.
- b. Negative brain activity can weaken your immune system. (Negativity is the gateway to depression, anxiousness and fear.)

**What are some of effects of negativity and dishonor that Paul addressed? (1 Cor 11:17-30)**

<sup>17</sup> In the following directives I have no praise for you, for your meetings do more harm than good. <sup>18</sup> In the first place, I hear that when you come together as a church, there are divisions among you, and to some extent I believe it. <sup>19</sup> No doubt there have to be differences among you to show which of you have God's approval. <sup>20</sup> So then, when you come together, it is not the Lord's Supper you eat,<sup>21</sup> for when you

are eating, some of you go ahead with your own private suppers. As a result, one person remains hungry and another gets drunk. <sup>22</sup> Don't you have homes to eat and drink in? Or do you despise the church of God by humiliating those who have nothing? What shall I say to you? Shall I praise you? Certainly not in this matter!

<sup>23</sup> For I received from the Lord what I also passed on to you: The Lord Jesus, on the night he was betrayed, took bread, <sup>24</sup> and when he had given thanks, he broke it and said, "This is my body, which is for you; do this in remembrance of me." <sup>25</sup> In the same way, after supper he took the cup, saying, "This cup is the new covenant in my blood; do this, whenever you drink it, in remembrance of me." <sup>26</sup> For whenever you eat this bread and drink this cup, you proclaim the Lord's death until he comes.

<sup>27</sup> So then, whoever eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of sinning against the body and blood of the Lord.<sup>28</sup> Everyone ought to examine themselves before they eat of the bread and drink from the cup. <sup>29</sup> For those who eat and drink without discerning the body of Christ eat and drink judgment on themselves. <sup>30</sup> That is why many among you are weak and sick, and a number of you have fallen asleep.

- The last supper is intended to remember the sacrifice and life Jesus gave through his death. Examine the negativity even in the house of God with a gift from God regarding the last supper and how people chose to appreciate it. Some used it for their private dinners in church while other took the wine and became drunk with it. While others were going hungry you find the selfishness of men to under appreciate and neglect what Christ has done. Note the negative effects that occur during the abuse. According to verse thirty you find how many were weak and sick and some even died.
- c. Negative attitudes can affect your ability to think and rationalize. (instead of being proactive you will become reactive) "Oh, no what will happen next?" Don't look for the next hammer or anchor to fall on you. Don't allow your mind to become your prison. Win the internal war so you can be victorious over the external war.

### **What type of thinking should we have?**

#### **Philippians 2:5-11**

Have this attitude in yourselves which was also in Christ Jesus, who, although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men.

- The power in humility can be seen displayed in Jesus. Jesus even though being fully God, humbled Himself in the form of a slave and took the likeness of men. Have you ever asked the question why He would do that? Isn't it easier to take the position of God and display your authority over others? I have learned that the doors of the heart readily open to humanity when I can relate to their hurts and suffering. Who would you rather speak too, someone who has gone through what you are going through, or someone who judges you and demands change? Change will happen when you relate to the pain of others and clear your mind of negative thoughts. Don't allow your mind to be clouded by your own needs but live for the service of others. What you will begin to understand is the **law of reciprocity** which means what you are giving a way will return to you.

**What mind set do we need to establish and what should you avoid?**

## **2 Timothy 1:7**

<sup>7</sup> For the Spirit God has not given us fear, but gives us power, love and self-discipline or control.

- We should avoid fearing because God has not given us a spirit of fear.
- A strong mind should display love, self-discipline and control which gives power to change the way you think.

- When we establish boundaries in our minds, it prevents the negativity to be filtered in.
- d. Travis Bradberry did a study that researched the consequences of over exposure to negativity. He stated that negativity can affect the neurons in the hippocampus (helps with reason and memory). When you share ideas with others that you agree with, the brain releases dopamine a chemical that makes you feel good. When you battle the negative thoughts of others, the brain sees this as a threat and triggers pain and discomfort. (Be careful becoming desensitized because you will eventually become anesthetized and numb to the negativity).

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