

# OVERCOMING NEGATIVITY

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# Living Out from a Healthy Identity

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The revelation of our Kingdom identity shapes  
our relationship with God and people

# Living Out from a Healthy Identity

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Our true identity is made up of who we are on Earth and how we are known in Heaven

# Living Out from a Healthy Identity

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When you know WHO you are then you know HOW you are supposed to live both within yourself and towards people around you

# Our Personality – Who We Are on Earth

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- ❖ How we are known to men
- ❖ Shaped by our upbringing and our environment
- ❖ Learned behaviour – consciously or unconsciously
- ❖ Influenced by training or role-modelling
- ❖ Positive or negative

Living out of a false identity  
results in a negative (and  
repulsive) personality

Living out of a true identity  
leads to a positive (and  
attractive) personality

# Our Personality – Who We Are on Earth

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## **A negative personality**

- ❖ Victim thinking
- ❖ Cautious, pessimistic, judgemental, prejudice and fearful
- ❖ Prone to deception
- ❖ Believing in the worst
- ❖ Living with a sense of unworthiness
- ❖ Overly self-conscious



# Our Personality – Who We Are on Earth

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## **A positive personality**

- ❖ Rooted in a sense of values
- ❖ Know who God is for you
- ❖ Know who you are in yourself
- ❖ Optimistic, trusting, willing to try and can be challenged
- ❖ Not defensive, risk-taking and brave
- ❖ Honest, self-aware, open-minded, and open hearted

# Case Study: The Prophet Elijah

1 Kings 19:1-12

# 1 Kings 19:1-12

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<sup>1</sup> When Ahab got home, he told Jezebel everything Elijah had done, including the way he had killed all the prophets of Baal. <sup>2</sup> So Jezebel sent this message to Elijah: “May the gods strike me and even kill me if by this time tomorrow I have not killed you just as you killed them.”

<sup>3</sup> Elijah was afraid and fled for his life. He went to Beersheba, a town in Judah, and he left his servant there. <sup>4</sup> Then he went on alone into the wilderness, traveling all day. He sat down under a solitary broom tree and prayed that he might die. “I have had enough, Lord,” he said. “Take my life, for I am no better than my ancestors who have already died.”

# 1 Kings 19:1-12

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<sup>5</sup> Then he lay down and slept under the broom tree. But as he was sleeping, an angel touched him and told him, “Get up and eat!” <sup>6</sup> He looked around and there beside his head was some bread baked on hot stones and a jar of water! So he ate and drank and lay down again.

<sup>7</sup> Then the angel of the Lord came again and touched him and said, “Get up and eat some more, or the journey ahead will be too much for you.”

<sup>8</sup> So he got up and ate and drank, and the food gave him enough strength to travel forty days and forty nights to Mount Sinai, the mountain of God. <sup>9</sup> There he came to a cave, where he spent the night.

But the Lord said to him, “What are you doing here, Elijah?” <sup>10</sup> Elijah replied, “I have zealously served the Lord God Almighty. But the people of Israel have broken their covenant with you, torn down your altars, and killed every one of your prophets. I am the only one left, and now they are trying to kill me, too.”

# 1 Kings 19:1-12

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<sup>11</sup> “Go out and stand before me on the mountain,” the Lord told him. And as Elijah stood there, the Lord passed by, and a mighty windstorm hit the mountain. It was such a terrible blast that the rocks were torn loose, but the Lord was not in the wind. After the wind there was an earthquake, but the Lord was not in the earthquake. <sup>12</sup> And after the earthquake there was a fire, but the Lord was not in the fire. And after the fire there was the sound of a gentle whisper. <sup>13</sup> When Elijah heard it, he wrapped his face in his cloak and went out and stood at the entrance of the cave.

And a voice said, “What are you doing here, Elijah?”

# Four Mistakes that Lead to Negativity

1. We focus on FEELINGS  
Rather than TRUTHS

2. We compare ourselves  
With others



3. We falsely blame ourselves

4. We exaggerate the problems

# 4 Mistakes that Lead to Negativity

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- ❖ We focus on our FEELINGS rather than TRUTHS (verse 3)
- ❖ We compare ourselves with others (verse 4)
- ❖ We falsely blame ourselves (verse 10)
- ❖ We exaggerate the problems (verse 10)

# Remedy for Negativity

1. Take care of your  
Physical needs

2. Get a renewed right  
Perspective of God

### 3. Fast from Negativity

# Remedy for Negativity

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- ❖ Take care of your physical needs (verses 5-7)
- ❖ Get a renewed right perspective of God (verses 11-12)
- ❖ See God in the everyday and in the ordinary
- ❖ Fast from Negativity



# What "Negativity Fast" is NOT

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1. It is not denying that problems exist
2. It is not critical of others who may be struggling
3. It is not irresponsible towards things need to be done

# What “Negativity Fast” is

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1. It is determining to focus more on God’s promises than on problems
2. It is learning to speak with hope about even the toughest of issues
3. It is becoming “solution focused” rather than “problem focused”
4. It is refraining from reacting and giving voice to pessimism, criticism of others, self-criticism and other forms of unbelief
5. It is replacing negative words and thoughts with positive words and thoughts based on the promises of God