

Walk With Scripture - Scripture Lesson

Title: *Choosing Positivity Through Christ*

Focus Scripture:

- **ESV:** *"Rejoice in the Lord always; again I will say, rejoice."* - Philippians 4:4
 - **NIV:** *"Rejoice in the Lord always. I will say it again: Rejoice!"* - Philippians 4:4
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Opening Prayer (5 minutes):

Heavenly Father, we thank You for bringing us together today. We ask that You open our hearts and minds to Your Word and help us to understand how we can choose positivity and joy in all circumstances. Teach us to reflect Your light and love in our lives. In Jesus' name, we pray. Amen.

Introduction to Topic (5-10 minutes):

Today's topic is "Choosing Positivity Through Christ." In a world filled with negativity, discouragement, and challenges, we are called to a higher standard of living—a life marked by joy, gratitude, and a positive outlook that is rooted in Christ. Philippians 4:4 encourages us to "rejoice in the Lord always." This command is not based on our circumstances, but on our relationship with Jesus. Let's explore how we can cultivate a positive mindset by anchoring our thoughts and attitudes in God's truth.

Bible Verses for Discussion (20 minutes):

1. Romans 12:12

- **ESV:** *"Rejoice in hope, be patient in tribulation, be constant in prayer."*
- **NIV:** *"Be joyful in hope, patient in affliction, faithful in prayer."*

2. 1 Thessalonians 5:16-18

- **ESV:** *"Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."*
- **NIV:** *"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."*

3. Proverbs 17:22

- **ESV:** *"A joyful heart is good medicine, but a crushed spirit dries up the bones."*
- **NIV:** *"A cheerful heart is good medicine, but a crushed spirit dries up the bones."*

4. Philippians 2:14-15

- **ESV:** *"Do all things without grumbling or disputing, that you may be blameless and innocent, children of God without blemish in the midst of a crooked and twisted generation, among whom you shine as lights in the world."*

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- **NIV:** "Do everything without grumbling or arguing, so that you may become blameless and pure, 'children of God without fault in a warped and crooked generation.' Then you will shine among them like stars in the sky."

Discussion Questions (15-20 minutes):

1. What are some practical ways we can "rejoice always" even when facing difficult situations?
2. How can maintaining a positive attitude impact our relationships with others and our witness for Christ?
3. What are some challenges you face in choosing positivity, and how can we support one another in overcoming them?

Life Application (10 minutes):

Choosing positivity through Christ means actively deciding to focus on God's goodness and His promises rather than our problems. This week, try to identify negative thoughts and replace them with Scripture or prayers of thanksgiving. Make a habit of expressing gratitude daily, either through journaling or sharing with others. Remember, positivity isn't about ignoring difficulties; it's about trusting in God's sovereignty and goodness in the midst of them.

Reflection and Encouragement (5-10 minutes):

Reflect on how a positive mindset rooted in Christ can transform your perspective and relationships. Remember that God has called us to be a light in a dark world, and our attitude can reflect His love and joy to others. Encourage each other to stay focused on God's promises and to find joy in every situation, knowing that God is in control.

Closing Verse:

- **ESV:** "The Lord is my strength and my shield; in him my heart trusts, and I am helped; my heart exults, and with my song I give thanks to him." - Psalm 28:7
- **NIV:** "The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him." - Psalm 28:7

Closing Prayer (5 minutes):

Lord, we thank You for teaching us how to choose positivity and joy through our faith in You. Help us to keep our hearts and minds focused on Your goodness and to spread Your light to others through our words and actions. Give us strength to overcome negativity and to reflect Your love in all we do. In Jesus' name, we pray. Amen.

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Takeaway Challenge:

This week, challenge yourself to memorize Philippians 4:4 and recite it whenever you feel negativity creeping in. Share one moment where you chose a positive response with a friend or family member, and encourage them to do the same.

Online Bible Resources:

- Logos (www.Logos.com)
- Bible by Olive Tree (www.OliveTree.com)
- BibleGateway (www.BibleGateway.com)

