

**Your Words: From Negativity to Hope**  
**Taming the Tongue Pt 5**  
Bud Wrenn Integrity 3/4/07

*Numbers 16:41 (NLT) But the very next morning the whole community began muttering again against Moses and Aaron, saying, "You two have killed the Lord's people!"*

**Negativity is exposed when you**

- 1) are over-focused on things that have gone wrong in your life, and**
- 2) try to transfer that negativity to other people to make them see things the same way you do....**

**Negativity results in ....**

**Depression**

*Philip. 4:6-7 Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. If you do this, you will experience God's peace, ....*

**Complaining**

*Lament. 3:37-39 .... Is it not the Most High who helps one and harms another? Then why should we, mere humans, complain when we are punished for our sins?*

**Deceit**

*Jeremiah 17:9 "The human heart is most deceitful and desperately wicked. Who really knows how bad it is?"*

**Dissension**

*1 Cor. 3:1-3 ... you are still controlled by your own sinful desires. You are jealous ....and quarrel with each other....You are acting like people who don't belong to the Lord.*

**My life's pursuit: A life lived with hope and confidence - a desire to trust.**

*James 3:15-16 (NLT) For jealousy and selfishness are not God's kind of wisdom. ....wherever there is jealousy and selfish ambition, there you will find disorder and every kind of evil.*

**1) Put your negative experiences in a new perspective.**

*Romans 5:3-4 .... problems and trials, ... are good for us-they help us learn to endure. And endurance develops strength of character in us....*

**2) Shift your focus toward future opportunities.**

*Ephes. 1:18 I pray that ....you can understand the wonderful future he has promised to those he called. .... what a rich and glorious inheritance he has given to his people.*

**3) Practice "positive" first impressions.**

*Ephes. 4:31-32 Get rid of all bitterness, rage, anger, harsh words, and slander, .... be kind to each other, tenderhearted, forgiving one another, ....*

**4) Adopt God's promises as your source of power.**

*Hebrews 6:18-19 So God has given us both his promise and his oath. ....Therefore, we who have fled to him for refuge can take new courage, for we can hold on to his promise with confidence....*