

# THE HIGH COST OF A NEGATIVE SPIRIT

RC BLAKES

It usually does not start on purpose. Nobody wakes up one morning and decides, "I am going to become a chronically negative person." It usually begins with a disappointment. Then another. Compounded losses stack up, and instead of taking those inner wounds to the Holy Spirit for healing, we build a shield. We call it "being realistic." We call it "just telling it like it is." But over time, that shield hardens into a permanently negative disposition.

Consider a man named Marcus. By all outward measures, he was a successful, foundational leader in his family and his career. But internally, he was nursing old grievances. If someone shared good news, he instantly pointed out the potential downside. If his wife tried to dream about their future, he shut it down with cynicism. He thought he was protecting his family from disappointment, but he was actually suffocating his marriage. His negativity had become a heavy blanket over his home.

Being a negative person is not just a harmless personality quirk. It is a spiritual and emotional liability. When you allow pessimism to become your default setting, it damages your personal potential, drives away healthy relationships, and blocks the leading of the Holy Spirit in your life.

Here is why living with a negative spirit is so detrimental.

## **#1 NEGATIVITY DISTORTS YOUR SPIRITUAL VISION**

Negativity functions like a dark pair of glasses. It filters out the promises of God and magnifies your problems. When you are steeped in a negative mindset, you literally train your brain to look for what is wrong in every situation, entirely missing the grace of God that is right in front of you.

We often mistake negativity for wisdom. We think that by anticipating the worst, we are protecting ourselves from pain. But in reality, we are choosing to live in the wreckage of our past rather than the hope of our future.

**PROVERBS 15:15 NIV**

**All the days of the oppressed are wretched, but the cheerful heart has a continual feast.**

Notice that this proverb contrasts two internal realities, not external circumstances. A negative spirit keeps you emotionally oppressed. You can live in a beautiful home, have a good job, and belong to a great church community, but if your heart is bitter, your days will feel wretched. The Holy Spirit wants to lead you into peace, but you cannot follow His leading if your eyes are constantly fixed on the negative.

## **#2 NEGATIVITY DESTROYS HEALTHY RELATIONSHIP RHYTHMS**

We are designed for authentic partnership and connection. In healthy relationships, we practice co-regulation - meaning we help calm and steady one another. But a chronically negative person does the exact opposite. They drain the emotional energy out of the room.

When your baseline is complaining, criticism, and cynicism, you become an emotionally exhausting person to be around. People will begin to pull away from you. Not because they do not love you, but because they have to protect their own peace. You cannot build a strong family foundation or maintain authentic community if you are constantly tearing down the atmosphere with your words.

**EPHESIANS 4:29 NIV**

**Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.**

Your words create worlds. Are your words building up your spouse, your children, and your friends? Or is your constant venting creating an environment of anxiety?

**The Christian author Chuck Swindoll wisely noted, "Life is 10% what happens to you and 90% how you react to it."**

Your reaction dictates the atmosphere of your home.

### **#3 NEGATIVITY IS REVERSE FAITH**

Faith is the confident expectation that God is going to do something good. Negativity is the confident expectation that He will not. When you allow negativity to take root in your life, you are actually practicing reverse faith. You are putting your belief in the power of the enemy to ruin your life, rather than trusting the power of God to redeem it.

Many people are emotionally stuck today because they have not allowed the Holy Spirit to act as their therapist. They are carrying deep, debilitating disappointments, and that unresolved grief has turned into a sour spirit.

#### **PHILIPPIANS 2:14-15 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.**

When we surrender our emotional life to the Holy Spirit, He begins to heal the root of our bitterness. You do not have to pretend everything is perfect. God can handle your honesty, your grief, and your frustration. But you cannot set up camp in the valley of complaining. You have to let the Holy Spirit lead you out of the darkness so you can reflect His light.

### **SELF-ASSESSMENT QUESTIONS**

1. When faced with a new idea or a change in plans, is your very first reaction usually critical or hopeful?
  2. Are there specific past disappointments that you are using as an excuse to maintain a cynical attitude today?
  3. If you recorded your conversations for a week, would the people closest to you say your words bring life and peace, or anxiety and exhaustion?

## **GROUP DISCUSSION POINTS**

The origin of the attitude:\*\* Discuss how compounded, unresolved disappointments often turn into chronic negativity. Why is it so hard to let go of cynicism once we have been hurt? The drain of the room:\*\* Share a time when you experienced the heavy emotional toll of being around someone who is constantly negative. How does that impact the rhythm of a relationship or a marriage?

The Holy Spirit as a therapist:\*\* What does it practically look like to take your inner wounds and frustrations to the Holy Spirit instead of venting them out onto the people around you? Reframing your reality:\*\* How can we actively practice seeing the promises of God in our daily lives without falling into toxic positivity or faking our emotions?