

I. THE ATMOSPHERE RESET

A. Personal Atmosphere

1. “Atmosphere”: In non-scientific terms, the atmosphere is the “feel” or “mood” of a place or event.
2. “Personal atmosphere”: Everyone has a personal atmosphere, shaped by the attitudes and conversations of the people around them.
 - a. The external forces that surround us.
 - b. The influences that surround us daily.
3. Examples: Home / Workplace / Classroom
 - a. **Positive atmosphere:** Supportive colleagues, open communication, encouragement, and respect.
 - Makes people motivated and happy to work.
 - b. **Negative atmosphere:** Tension, gossip, strict or unfair management, or constant stress.
 - Can cause low morale and burnout.
 - c. **Neutral / Professional atmosphere:** Focused and structured, but not overly stressful or relaxed.
4. Pervading tone:
 - a. “Pervading” means it spreads through and is present everywhere.
 - b. “Tone” is the attitude or emotional quality.
 - c. Note, if something is **pervading**, it dominates the situation.
 - Every workplace has a pervading tone.
 - Every home has a pervading tone.
 - Every church has a pervading tone.
 - d. It is important that the pervading tone of the places you spend considerable time isn’t negative, but uplifting, encouraging, and positive.
 - e. Effects of a workplace filled with a negative pervading tone:
 - Mood and stress levels.
 - Motivation and productivity.
 - Health—chronic stress can lead to headaches, sleeplessness, and other health issues.
 - Relational issues.

PASTOR’S NOTE: *If you are going to have a blessed and successful life, you must choose to set the atmosphere around you. To assume that an atmosphere filled with toxic thinking,*

negative conversation, and bad attitudes will have no personal impact on you is a misleading assumption.

B. Discern the Atmosphere: *Be aware of the emotional climate.*

1. Example: Different atmospheres in the churches where we have ministered.
2. Example: Different communities where we have lived.
3. *“Often when a person is experiencing seemingly unexplainable, ongoing issues, the root cause can be traced back to the atmosphere they are in or the people with whom they regularly associate.” (RESET, pg. 93)*
4. *“Emotional contagion”*: The psychological phenomenon where people “catch” or absorb the emotions of others around them, often without realizing it.

PASTOR’S NOTE: *You can “catch” specific mindsets by being in the wrong atmosphere. Do you want to catch a depressive mindset? Do you want to catch the emotional disease of complaining continually? Do you want to be infected with the epidemic of negativity? If not, you must check the atmospheric pressures that you are constantly being exposed to. If “atmospheric issues” are causing problems in your life, a RESET of the ATMOSPHERE may be the only solution!*

C. Scriptures About the Company We Keep

PASTOR’S NOTE: *I’ve heard people say, “I’m strong enough to handle negativity and constant complaining. I know this person tends to be that way, but it won’t affect me.” This statement isn’t scriptural, nor have I witnessed it to be true with those who stay connected to negativity.*

1. 1 Corinthians 15:33

NKJV “Do not be deceived: ‘Evil company corrupts good habits.’”

GWT “Don’t let anyone deceive you. Associating with bad people will ruin decent people.”

Aramaic “Be not deceived, evil discourse corrupts pleasant minds.”

MACE NT “be not deceived: ‘vicious conversation corrupts good morals.’”

Worsley “Be not deceived, bad conversations corrupt good morals.”

2. Romans 16:17

KJV “Now I beseech you, brethren, mark them which cause divisions and offences contrary to the doctrine which ye have learned; and avoid them.”

NLT “And now I make one more appeal, my dear brothers, and sisters. Watch out for people who cause divisions and upset people’s faith by teaching things contrary to what you have been taught. Stay away from them.”

Romans 16:17-18

TPT “And now, dear brothers and sisters, I’d like to give one final word of caution: Watch out for those who cause divisions and offenses among you. When they antagonize you by speaking of things that are contrary to the teachings that you’ve received, don’t be caught in their snare! For people like this are not truly serving the Lord, our Messiah, but are being driven by their own desires for a following. Utilizing their smooth words and well-rehearsed blessings, they seek to deceive the hearts of innocent ones.”

PASTOR’S NOTE: *It doesn’t say to stick around them hoping to change their minds. It also doesn’t say to hear them out. Paul’s instruction is clear: stay away from them. If you don’t, the negative atmosphere they create will begin to affect you.*

3. Titus 3:10

NIV “Warn a divisive person once, and then warn them a second time. After that, **have nothing to do with them.**”

ESV “As for a person who stirs up division, after warning him once and then twice, have nothing more to do with him.”

TPT “After a first and second warning, have nothing more to do with a divisive person *who refuses to be corrected.*”

PASTOR'S NOTE: *The instruction here is: If you are going to have anything to do with them, WARN THEM regarding their issues. If the atmosphere surrounding them doesn't change, Have NOTHING MORE to do with THEM!*

4. Proverbs 13:20

KJV "He that walketh with wise *men* shall be wise: but a companion of fools shall be destroyed."

NLT "Walk with the wise and become wise; associate with fools and get in trouble."

GNT "Keep company with the wise and you will become wise. If you make friends with stupid people, you will be ruined."

MSG "Become wise by walking with the wise; hang out with fools and watch your life fall to pieces."

TPT "If you want to grow in wisdom, spend time with the wise. Walk with the wicked, and you'll eventually become just like them."

PASTOR'S NOTE: *There is a spiritual law revealed in this passage: You will most likely become just like those with whom you choose to spend considerable time.*

D. How God Prepared Israel for Success in Times of War

1. When God gave instructions to Israel regarding going to war, He dealt with the potential of contagious fear that would destroy their opportunity for success.

2. Deuteronomy 20:8

KJV "And the officers shall speak further unto the people, and they shall say, '**what man *is there that is fearful and fainthearted? Let him go and return unto his house,* lest his brethren's heart faint as well as his heart.'**"

CEV "Finally, if any of you are afraid, you may go home. We don't want you to discourage the other soldiers."

MSG “The officers will then continue, ‘And is there a man here who is wavering in resolve and afraid? Let him go home right now so that he doesn’t infect his fellows with his timidity and cowardly spirit.’”

3. The Example of Gideon’s Army

a. When God prepared Gideon’s army for success, He had to initiate a reset that would eventually decrease the size of these troops from 32,000 to 300.

b. **Judges 7:2-3**

NKJV “And the Lord said to Gideon, ‘The people who *are* with you *are* too many for Me to give the Midianites into their hands, lest Israel claim glory for itself against Me, saying, ‘My own hand has saved me’.’ Now therefore, proclaim in the hearing of the people, saying, ‘Whoever is fearful and afraid, let him turn and depart at once from Mount Gilead.’”
And twenty-two thousand of the people returned, and ten thousand remained.”

PASTOR’S NOTE: *God knew He could do more with a smaller army of FAITH, than an army filled with thousands given to an atmosphere of FEAR. The 22,000 who left would have created a fearful and negative atmosphere around the other troops that would have eventually destroyed the faith of all.*

SPECIAL NOTE: *This is why you don’t tell everyone about the battle you are fighting. This is also why you don’t engage everyone’s assistance in prayer when you are in a major fight of faith.*

You are more successful with ONE person who will AGREE with you for victory than having 10,000 who will reason and question your circumstances so much that faith is lost in the fight.