

Get Involved with Us as We Pursue Excellence, Value ALL People, Fuel and Display Passion,  
Choose a Good Attitude at ALL Times

## 5/24/26 Deep Dive Discussion Guide

### Negative Thinking – Stewart Farley

#### Scriptures for Today

- Philippians 4:4–9 (TPT)
- 1 Timothy 1:6–10 (TPT)
- 1 John 4:17–19
- 2 Corinthians 10:3–5 (TPT)
- Ephesians 1:18 (TPT)

#### Opening Question — Follow-Up From Last Week

Last week's call to action was:

**“Choose one person in your life and intentionally treat them according to the worth God has placed in them — not their behavior, history, or brokenness.”**

**How did you intentionally treat someone according to the value Christ placed in them this past week? What did you notice in yourself as you did it?**

#### Discussion Questions

##### 1. *Positive vs. Negative Thinking*

*Philippians 4:4–9* Studies show **reducing negative thinking** has more impact than increasing positive thinking. **Where do you see this dynamic at work in your own life?**

##### 2. *Two Separate Scales*

*Philippians 4:4–9* Positive and negative thinking are not opposites — they are **two independent scales**. **How does this change the way you think about your thought life?**

##### 3. *The Power of Reducing Negative Thinking*

*Philippians 4:4–9* **“Cut it down — cut it down — cut it down.”** **What negative thought patterns do you sense the Holy Spirit inviting you to reduce?**

##### 4. *When the Enemy “Burns” Thoughts Into Us*

*2 Corinthians 10:3–5* The sermon compares negative thought patterns to a CD being burned — the copy becomes identical to the original. **Where have you noticed the enemy trying to “burn” his thoughts into your thinking?**

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### *5. Unperceived Negative Thinking*

Studies show that **70% of negative thinking goes unperceived** because it becomes habitual. **What are some subtle forms of negative thinking you've caught in yourself recently?**

### *6. The Five C's — Sneak Attacks of Negative Thinking*

**1 Timothy 1:6–10; 1 John 4:17–19** The Five C's:

1. **Complaining**
2. **Criticizing**
3. **Concern (Worry)**
4. **Commiserating**
5. **Catastrophizing**

**Which of the Five C's do you struggle with most — and how does it affect your spiritual life?**

### *7. Complaining & Criticizing*

**Philippians 4:4–9** How do these two habits drain spiritual energy and distort our perception of God's goodness?

### *8. Worry & Commiserating*

**1 John 4:17–19** Worry is fear-based, and commiserating reinforces negativity in others. How can we shift from fear-based thinking to love-based thinking?

### *9. Catastrophizing*

**2 Corinthians 10:3–5** Catastrophizing assumes the worst possible outcome. Where do you tend to "jump to disaster," and what truth from Scripture can replace that pattern?

### *10. Seeing Christ's Mind in Us*

**Ephesians 1:18** The sermon reminds us: "Can you really see Christ doing this?" How does imagining Jesus' mindset help you challenge your own negative thoughts?

## Closing Call to Action

This week, identify **ONE** of the Five C's that shows up most often in your thinking. Ask the Holy Spirit to help you reduce that pattern — not by trying harder, but by replacing it with truth, gratitude, and the mind of Christ. Track your progress and be intentional about catching the negative thought before it becomes a habit.