

▶ **WHETHER YOU'RE JUST VISITING
OR LOOKING TO STAY, IT'S
GREAT TO HAVE YOU WITH US!**

WELCOME

COFFEE'S ON US

Enjoy a hot cup of coffee and snacks.

WE'D LOVE TO MEET YOU

Stop by the Connection Table so we can get to know each other.

FILL YOUR BUCKET

The Well starts with a time of praise followed by an inspiring message.

CALENDAR

- 4/28 LYC SPECIAL OLYMPICS
- 5/04 NATIONAL'S GAME
- 5/05 MARRIEDPEOPLE EVENT
- 5/05 YOUNG ADULT HIKE
- 5/05 THE AMAZING RACE
- 5/09 PROJECT PLAYTIME

CONTACT

-  /STSACHURCH
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-  INFORMATION@STSA.CHURCH
-  APP STORE: STSA



BUILDING BLOCKS: **THE KIND** --- **THAT BREAKS**

▶ **AN ORDINARY PLACE
WHERE EXTRAORDINARY
THINGS HAPPEN**

PART 2: NIXING NEGATIVITY

Challenge #1: Say nothing negative, either TO your person or ABOUT them to someone else.

➤ "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. Philippians 2:14-15

Nixing negativity isn't about denying reality, but rather about focusing on the positive parts of the reality.

FOUR TYPES OF NEGATIVITY

01 EXASPERATION: _____

➤ "Good sense makes one slow to anger, and it is his glory to overlook an offense." Proverbs 19:11

Get _____

02 COMPLAINING: _____

"Refuse to express a passion and it dies... If we wish to conquer undesirable emotional tendencies in ourselves, we must assiduously, and in the first instance, cold-bloodedly, go through the outward motions of those contrary dispositions we prefer to cultivate." William James

Motion creates _____

03 SUSPICION/CATASTROPHIZING: _____

Putting these conclusions together, this controlling insight can serve as the One Thing you need to know about happy marriage: Find the most generous explanation for each other's behavior and believe it." The One Thing You Need to Know by Marcus Buckingham

Find the most _____ **explanation**

04 RESENTMENT: _____

➤ "And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you." Ephesians 4:30-32

Focus on _____ **in the problem**

"The lamp of the body is the eye. If therefore your eye is good, your whole body will be full of light. But if your eye is bad, your whole body will be full of darkness. If therefore the light that is in you is darkness, how great is that darkness!"
Matthew 6:22-23

NEXT STEPS

1. SIGN UP at stsa.church/kindness. Choose April 23 as start date.
2. DECIDE how you will record your actions, observations, and any tips along the way.

Answer Key: perspective, emotion, generous, my part