

## **Optimism**

Negativity seems to be the \_\_\_\_\_ for people today!

Doctors have found that Pollyanna-type people may \_\_\_\_\_ everyone else!

Optimistic women are less likely to die for any reason and had a \_\_\_\_\_ percent lower death rate from heart disease!

"The \_\_\_\_\_ Principle": Things don't change... Bad stuff has happened, so it's likely more bad stuff is on the way.

*Romans 5:3-4*

### **1. Optimism is how you \_\_\_\_\_ about what happens to you.**

The difference between happy people and sad people is people are happy because \_\_\_\_\_ things happen to them AND, they are not happy if things go bad.

Optimism is A \_\_\_\_\_ ... a choice to think a certain way.

*Matthew 5:45*

### **2. Being optimistic requires going through the \_\_\_\_\_.**

Suffering means a "constriction" or "narrowing"... it's the idea of going through a \_\_\_\_\_ place you can't escape from.

- *Suffering can make our*

\_\_\_\_\_ "hard" or "cold"

We CAN get numb - unfeeling, resistant, emotionally cut off -

because we \_\_\_\_\_ the worst to happen.

Suffering can also make our

\_\_\_\_\_ "stronger" and "pleasant".

- *Trouble, and the suffering it causes, burns away the \_\_\_\_\_ concerns of our lives*

Suffering narrows down what is left in our lives to those things that are \_\_\_\_\_.

### **3. Optimism is based on \_\_\_\_\_.**

- The strength of optimism depends on the \_\_\_\_\_ of the thing in which you are confident.

The Bible teaches us the same thing: the ultimate source of optimism is \_\_\_\_\_ of us.

- The most optimistic people are those whose "confidence is in the \_\_\_\_\_." *Proverbs 3:26*

It is the confidence that "The LORD your God is \_\_\_\_\_ you" *Zephaniah 3:17*.

It is the confidence that \_\_\_\_\_ "know[s] the plans [he] has for you, plans to prosper you and not to harm you, plans to give you hope and a future!" *Jeremiah 29:11*

It is the confidence that "weeping may stay for the night, but \_\_\_\_\_ comes in the morning." *Psalms 30:5*