



ROCK TRIBE

Christ the Rock & the Reclaiming Of Christ's Kingdom

Steps Out of Negative “Pits” Into Relational Joy

Scripture Reading: Psalm 91; Colossians 1:17-20

Introduction: Negative experiences are bombarding us all the time. Negative emotions, circumstances, words, and people are a part of living in a fallen world. The goal of hell is to use the negative to separate us relationally from God, one another, and our neighbors. We must learn how to fight back, so that we are victorious and positive even during great pain and crisis. Christ is always with us. He will never leave us or forsake us.

Step One: Assessment and Self-awareness. Don't be in denial, but don't define reality through the lens of the negative. Get heavens perspective where you are seated with Christ. Eph. 2:6 Identify the negative emotions, circumstances, situations, etc.

The brain is wired to feel six unpleasant emotions:

- Fear
- Anger
- Sadness
- Disgust
- Shame
- Hopelessness - SADSAD

Step Two: Connect with Jesus!

- Go to His Word
- Get a “golden memory”
- Picture Jesus in a space and time that you were touching his presence
- Ask Jesus to reveal his presence even during the negative experience or pain
- Practice interactive gratitude
- Declare out loud the goodness of God. Even shout out to the Lord
- Turn on your relational circuits and fight toward intimacy with Jesus, even in the midst of your failures, sin, mistakes, and the injustices being done to you.

Relational connection with Jesus is your Life Line!

Relational Circuits Checklist

- I just want to make a problem, person or feeling go away.
- I don't want to listen to what others feel or say.
- My mind is “locked onto” something upsetting.
- I don't want to be connected to _____ (someone I usually like).
- I just want to get away, fight or freeze.
- I more aggressively interrogate, judge and fix others.

Step Three: Connect with your true, new creation self.

- Ask the Holy Spirit to remind you that you are a child of the Most High God!
- Rehearse your true identity
- Use “I AM” statements out loud
- Feel and act like your true self
- Don’t allow a lie to infiltrate your soul

Step Four: Open your relational circuits to your covenant family. Connect relationally with them by being transparent, open, and honest. Ask for their support, prayers, and help. Allow them to take you through Immanuel/Inner-healing.

Step Five: Forgive, bless, and pray for the people, circumstances and situations. Freely forgive in order to be free. Ask God to redeem the situation, and to unleash His kingdom into the midst of this negativity. Matthew 6