

Toxic Positivity?

*“A time to weep, and a time to laugh; a time to mourn, and a time to dance.”
Ecclesiastes 3:4, English Standard Version*

_____ pain can lead to _____ consequences.

What Is “Toxic Positivity”?

- A. “Toxic” means _____; “positivity” suggests something _____. Why are these terms used together?
- B. Some descriptions of toxic positivity:
1. Cherry: Toxic positivity “_____ difficult _____ in favor of a cheerful, often _____ positive façade.”
 2. Wuench: “It _____ an individual’s true, legitimate _____.”
 3. Belle: “... when we are trying to pour _____ paint over a _____ situation.”

How A Christian Response To Stressful Emotions

A. **Understand that emotions are God-given and can be valid:**

1. Ecclesiastes 3:4 – There are times when it’s _____ to _____ or to laugh.
2. Genesis 24:67 – It took time for _____ to be _____ in the loss of his mother.
3. Psalm 137:1,2 – They couldn’t _____ in their situation!
4. Jonah 4:4 – But we have to question whether our emotions are _____. Jonah should not have been _____.

B. **Observe how Jesus dealt with emotions:**

1. Mark 3:5 - _____ led Jesus to _____ this man.
2. John 11:35,36 – By _____, just as Lararus’ loved ones were doing, Jesus showed that He _____ him.
3. Luke 7:13,8:52 – When He said “Do not _____,” Jesus knew their loved ones were about to be _____.
4. Hebrews 4:15,16 – Jesus can _____ with us.

C. **Show appropriate emotions to those in distress:**

1. Romans 12:15 – We are to _____ and to _____.
2. 1 Corinthians 12:25,26 – We are to have the _____ care for others in the _____, something that requires _____.
3. 1 Thessalonians 5:18 – In _____ circumstances we are to give _____. (*But is it appropriate to always stress this?*)

Proverbs 17:17 - A _____ will _____ at all times.

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