



First Mt. Olive Freewill Baptist Church
618 N. Hammonds Ferry Road, Linthicum, Maryland 21090-1311
Phone: 410-728-4383 Fax: 410-383-0676 Website: www.firstmtolive.com.
Bishop Oscar E. Brown, M.Div., D.D., Senior Pastor



Series: Intentionality
Focus: Positivity Challenge
Text: Philippians 4:8
Date: Sunday, September 3, 2023

POSITIVITY CHALLENGE

We are surrounded by negativity, and we are connected to and we are being cultivated by it. This challenge calls us to exercise a positive spirit.

Definition:

Positivity – the practice of being or tendency to be constructive, optimistic or confident in attitude, action or speech

Biblical Reference:

Philippians 4: 8

“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of a good report: if there be any virtue, and if there be any praise, think on these things.”

Positivity Challenge Duration:

7 to 21 days (new habit formation; one study)

Please select your time period in increments of 7 days at a time or you can commit to the entire 21 days.

Positivity Challenge Attire:

Wear your Positivity Button everyday or take a picture of your button with your phone as a reminder of the challenge.

Positivity Challenge Investments:

(1) Ten Dollars (\$10) is your initial buy-in for this effort.

➤ “No investment can guarantee no return.”

(2) Each time you find yourself being negative, you will place a predetermined amount into the “Positivity Fund.”

The honor system is also called integrity.

(3) Ask those around you to contribute to your “Positivity Fund” when they are being negative.

Positivity Challenge Funds:

- All funds will be given to the church on a weekly basis either physically or electronically.
- Funds will be used to help underwrite the mints, candy and healthy snacks in the lobbies. We will use your sourness to help someone’s sweetness.
- If you wish to get credit for your funds, please write your church membership number on the “Positivity Funds” envelope.

Positivity Challenge Guidelines:

Please do not be legalistic in this effort!

We cannot cover all of the dos and don'ts.

Positivity is our goal. So the heart of the matter rest on intentionality or purpose.

Let's avoid:

- speaking badly about...
- texting badly about...
- typing and/or reading negative Facebook posts, Instagram posts or any social media posts; this includes liking a negative post.
- Sign language or any foul language
- Swearing
- Prolonging negative thoughts
- Acting out negative behaviors
- Complaining
- Fussing over a long period of time.
- Repeating negative news

Positivity Challenge for Children:

Parents should sit down and talk with your child(ren) regarding why and how they should participate in the Challenge. In place of money, they can have time deducted from playing on the internet, outside or money taken from their allowance. Parents can use positive reinforcements as well. The key is to help our children early to choose to be positive. Let's plant the seed now!!!

Positivity Challenge Goal:

Ultimately the aim is to:

- Make you aware of how much negativity you are engaged in.
- Target what brings out the negativity in you.
- Detox you from thinking, speaking and/or acting negatively. Negativity drains you of positive energy.
- Find better methods and means to express challenging situations.
- Influence others to separate themselves from an unhealthy practice.

Positivity Challenge Thoughts:

- We cannot control what happens to us but we can control how we respond to what happens to us.
- Negativity is very costly. It may take years for some people to overcome its debt.
- The positive change that the world needs, starts with you!