

Instead of Shining the Light of Jesus, we can find ourselves guilty of Throwing Shade. How? With the words that we speak to others. We Throw Shade when we speak maledictions and offend others with our words. We throw shade when we can’t stop complaining about everything and criticizing everything and everyone. It’s like opening an umbrella that blocks the light of Jesus.

But what about “Negativity”? Let’s be honest, nobody likes to be around a negative person, but all of us struggle with being a “Debbie Downer” from time to time.

- Negativity has an adverse effect on the one being negative and the one receiving the shade.
- Negativity definitely has an adverse effect on relationships.

How do you know someone is negative? They express it with their negative words.

Luke 6:45 A good man brings good things out of the good stored up in his heart, and an evil man brings evil things out of the evil stored up in his heart.

For the mouth speaks what the heart is full of.

In other words, what is inside of you and what you think about- that’s what you are going to talk about.

Negative Words Set a Course for a Negative Life

So, it’s true, that negative people will express their negativity with their negative words, but their negativity probably began with a **few negative words and then continued to grow.**

Our words are powerful and set a course for our lives. That’s why we talked about guarding our lips.

Proverbs 13:2-3 From the fruit of their lips people enjoy good things....

3 Those who guard their lips preserve their lives, but those who speak rashly will come to ruin.

Proverbs 18:21 The tongue has the power of life and death, and those who love it will eat its fruit.

Negative Words Crush the Spirit

Proverbs 15:4 The soothing tongue is a tree of life, but a perverse tongue crushes the spirit.

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| • Someone you love tells you they don’t love you. | Your Spirit is crushed. |
| • You overhear your friend’s making fun of you. | Your Spirit is crushed. |
| • Your teacher tells you that you are not college material. | Your Spirit is crushed. |
| • Your parents tell you that you are a disappointment to them. | Your Spirit is crushed. |
| • Your boss trashes your work publicly. | Your Spirit is crushed. |
| • People outright attack you verbally. | Your Spirit is crushed. |
| • You speak negative words to yourself. | Your Spirit is crushed. |

Proverbs 18:14 The human spirit can endure a sick body, but who can bear a crushed spirit?

What if Your Spirit Has Been Crushed?

- **Focus on Jesus Psalms 34:18 The LORD is close to the brokenhearted and saves those who are crushed in spirit.** People will fail you; people will hurt you, but Jesus will never fail you. Turn from the hurt, turn to Jesus.
- **Speak Kind Words to Yourself and Others.**
Proverbs 16:24 Kind words are like honey— sweet to the soul and healthy for the body.
Proverbs 17:22 (NLT) A cheerful heart is good medicine, but a broken spirit saps a person’s strength.

NEXT STEP: I will ask the Lord to heal my crushed spirit and restore my joy.

M ,Negative Words Ultimately Create a Negative Mindset.

Proverbs 15:15 (NLT) For the despondent (oppressed), every day brings trouble; for the happy heart, life is a continual feast.

Oppressed and despondent, or cheerful with a happy heart! Which way do you want to live? A merry or cheerful heart is continually happy! A continual feast! Joy feeds on itself! A life cycle!

But if you have a **broken, despondent spirit, you will usually begin to speak negative words.**

Then you become a negative person and develop a negative mindset, and you can't even enjoy the good in life! All you see in the whole world, in everything around you, **is what's wrong with it.**

Instead of seeing what's wrong with everything, try to see what's right and good.

Philippians 4:8 NLT And now, dear brothers and sisters, one final thing.

Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise

NEXT STEP: Instead of just seeing what's wrong with it... I will see what's right with it.

A Negative Tongue Needs to be Trained

Take time to examine your heart and think before you speak. Is this really how I feel?

Is this really what I want to say?

- Are my words going to tear down or build up? Are my words encouraging or discouraging?
- Am I speaking from a negative heart or a wise Godly heart?

Proverbs 16:23 A wise man's heart guides his mouth, and his lips promote instruction. (NLT) From a wise mind comes wise speech; the words of the wise are persuasive.

You cannot tame your tongue all by yourself.

James 3:7-8 All kinds of animals, birds, reptiles and creatures of the sea are being tamed and have been tamed by man, 8 but no man can tame the tongue...

We are going to need the help of the Holy Spirit and the Word of God to help us control our tongue.

NEXT STEP – I will memorize Psalms 141:3.

Psalms 141:3 Take control of what I say, O LORD, and guard my lips.

Your Words Need to Agree with God's Word

It is especially dangerous to openly say negative words contrary to the Word of God.

In II Kings, God sent the prophet Elisha to reverse a severe famine. (II Kings 6:24-25)

II Kings 7:1-3 NLT Elisha replied, "Listen to this message from the Lord! This is what the Lord says: By this time tomorrow in the markets of Samaria, six quarts of choice flour will cost only one piece of silver, and twelve quarts of barley grain will cost only one piece of silver."

2 The officer assisting the king said to the man of God, "That couldn't happen even if the Lord opened the windows of heaven!" But Elisha replied, "You will see it happen with your own eyes, but you won't be able to eat any of it!"

This is going to work, whether you believe it or not! If you don't believe it, it will work, but it may be in the negative for you!

God reversed the fortunes of Samaria; the people rushed through the gates and trampled the skeptic.

II Kings 7:17 The king appointed his officer to control the traffic at the gate, but he was knocked down and trampled to death as the people rushed out.

So everything happened exactly as the man of God had predicted when the king came to his house

Be careful with your negative words. Especially if you are speaking negatively to what the Lord has spoken. *“I doubt that’s going to happen.” “Yea that will be the day!” “Get real! That won’t happen!” “Even if God showed up at church Sunday, that won’t happen!”*

Negative Words Throw Shade! Negative Words Set a Course for a Negative Life!

God’s Word Speaks Light to Us! No Cap!

Colossians 3:16 (NKJ) Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns and spiritual songs, singing with grace in your hearts to the Lord.

Ephesians 5:17-20 Therefore do not be foolish, but understand what the Lord’s will is. 18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit, 19 speaking to one another with psalms, hymns, and songs from the Spirit. Sing and make music from your heart to the Lord, 20 always giving thanks to God the Father for everything, in the name of our Lord Jesus Christ.

You Can’t Know God’s Will If You’re Not Speaking His Word.

Responsive Reading **Psalm 34:1-10 NLT**

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| 1 | I will praise the Lord at all times. | I will constantly speak his praises. |
| 2 | I will boast only in the Lord; | let all who are helpless take heart. |
| 3 | Come, let us tell of the Lord’s greatness; | let us exalt his name together. |
| 4 | I prayed to the Lord, and he answered me. | He freed me from all my fears. |
| 5 | Those who look to him for help will be radiant with joy; | no shadow of shame will darken their faces. |
| 6 | In my desperation I prayed, and the Lord listened; | he saved me from all my troubles. |
| 7 | For the angel of the Lord is a guard; | he surrounds and defends all who fear him. |
| 8 | Taste and see that the Lord is good. | Oh, the joys of those who take refuge in him! |
| 9 | Fear the Lord, you his godly people, | for those who fear him will have all they need. |
| 10 | Even strong young lions sometimes go hungry, | but those who trust in the Lord will lack no good thing. |