

PATHWAYS

PART 5: "Pathways to Positivity"

Today's Text: Jonah 1-4

Chronic negativity

- 1) Is a _____ and _____ inhibitor
- 2) Makes us less _____ (in the ways that matter most)
- 3) Has a _____ on others

Both _____ and the _____ agree that we can physically replace unhelpful, negative mental pathways with helpful, positive ones!

Are you becoming more like _____ or more like _____?

Three filters for your inputs and outputs

- 1) Is it _____?
- 2) Is it _____?
- 3) Is it _____?

_____ and _____ make reality-based positivity possible

Will you say yes to a _____ today?

Giving

We believe giving is an act of worship and thanksgiving to God.



Online

Visit emmanuel.church/give to learn more about online giving and to get signed up



On Your Phone

Text 84321 with an amount to get signed up



In Person or Mail

Place in the black mailbox or mail to: 513 Tanglewood Dr. Shoreview, MN 55126