

I Quit!

**Week 6:
I Quit Being a Pessimist**



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I Quit Being a Pessimist

Three Reasons Optimists Enjoy Life More

1. An optimist _____

Some people see the glass half full. Some people see the glass half empty. David saw it as “overflowing.”

David said, “My cup runneth over! Surely goodness and mercy shall follow me all the days of my life and I will dwell in the house of the Lord forever.” (Psalm 23:5-6)

The word “follow” means “to chase after someone until you catch them, to hunt someone down.” So David was saying, “God’s goodness is chasing me down. Good things are coming my way. Maybe some blessings haven’t caught up with me yet, but they are just around the corner.”

It’s time to turn our thinking right-side-up!

2. An optimist _____

An optimist is a person who “smiles on the inside.” There’s a spirit of joy and laughter in their life.

If you learn to laugh at yourself, you’ll always have something to laugh about!

When a Roman jailor saw Paul and Silas singing in prison, he wanted to be baptized that very night! The Bible says this about the jailor: “He was filled with joy, because he had come to believe in God – he and his whole family.” (Acts 16:34) You can experience this same joy when you become a believer!

3. An optimist _____

Jesus promised, “Be faithful, even to the point of death, and I will give you a crown of life!” (Revelation 2:10)

“Do not be afraid! ... I was dead, and behold, I am alive forevermore!” (Revelation 1:7)

“Because I live, you will live also!” (John 14:19)

“Believe in the Lord Jesus Christ and you will be saved.” (Acts 16:31)