

# FOR ALL MANKIND

## WEEK ONE

Proverbs 11:17 (NLT)

*Your kindness will reward you,  
but your cruelty will destroy you.*

### Negativity

Psalm 42:11 (NLT)

*Why am I discouraged?  
Why is my heart so sad?*

### Negativity is a thief.

Numbers 13:25-28 (NLT)

*After exploring the land for forty days, the men returned to Moses, Aaron, and the whole community of Israel at Kadesh in the wilderness of Paran. They reported to the whole community what they had seen and showed them the fruit they had taken from the land. This was their report to Moses: "We entered the land you sent us to explore, and it is indeed a bountiful country—a land flowing with milk and honey. Here is the kind of fruit it produces.*

Numbers 13:28 (NLT)

*But the people living there are powerful, and their towns are large and fortified. We even saw giants there, the descendants of Anak!*

Numbers 13:31-33 (NLT)

*"We can't go up against them! They are stronger than we are!" So they spread this bad report about the land among the Israelites: "The land we traveled through and explored will devour anyone who goes to live there. All the people we saw were huge. We even saw giants there, the descendants of Anak. Next to them we felt like grasshoppers, and that's what they thought, too!"*

### Negativity: Comparing

Mark 12:41-44 (NLT)

*Jesus sat down near the collection box in the Temple and watched as the crowds dropped in their money. Many rich people put in large amounts. Then a poor widow came and dropped in two small coins. Jesus called his disciples to him and said, "I tell you the truth, this poor widow has given more than all the others who are making contributions. For they gave a tiny part of their surplus, but she, poor as she is, has given everything she had to live on."*

Numbers 14:1-3 (NLT)

*Then the whole community began weeping aloud, and they cried all night. Their voices rose in a great chorus of protest against Moses and Aaron. "If only we had died in Egypt, or even here in the wilderness!" they complained. "Why is the Lord taking us to this country only to have us die in battle? Our wives and our little ones will be carried off as plunder! Wouldn't it be better for us to return to Egypt?"*

### Negativity: Catastrophizing

### Negativity: Grumbling

Numbers 14:4 (NLT)

*Then they plotted among themselves, "Let's choose a new leader and go back to Egypt!"*

Philippians 2:14-15 (NLT)

*Do everything without complaining and arguing, so that no one can criticize you. Live clean, innocent lives as children of God, shining like bright lights in a world full of crooked and perverse people.*

**Numbers 13:30 (NLT)**

*But Caleb tried to quiet the people as they stood before Moses.*

*"Let's go at once to take the land," he said. "We can certainly conquer it!"*

**Concentrate on the character of God.**

**What have you allowed yourself to concentrate on?**

**Psalm 42:11 (NLT)**

*Why am I discouraged? Why is my heart so sad? I will put my hope in God!*

**Whatever has your concentration has control.**

**Kindness Dare**

1. Pick a person
2. Nothing negative
3. One positive thing
4. Act of kindness