

Your Attitude Determines Your Journey

Your attitude will: MAKE OR BREAK YOU

It will: MAKE OR BREAK a career... a church... a home.

It has been said that life is 10% what happens to us and 90% how we react to it.

Choices Have Consequences.

"most people are as unhappy as they make up their mind to be..."

- President Lincoln

In other words happiness and unhappiness are a matter of choice!

Choose to be a victor, not a victim.

"I have the freedom to choose how I will respond to each circumstance!"

-Viktor Frankl

Three facts about our attitude.....

I. YOUR ATTITUDE - REVEALS THE REAL YOU

Proverbs 23:7

Your attitude comes out of the core of your being.

Matthew 15:17-20

Your attitudes always become actions or reactions.

Your attitudes keep telling people what you are really like.

II. YOUR ATTITUDE DETERMINES THE SUCCESS OR FAILURE OF EVERY RELATIONSHIP.

Numbers 12:1-11,

Most people who stir up trouble do it because of bad attitudes, not out of right reasons.

1. The fact that Moses had married a Cushite wife was not the real problem -

It was just what she used as an excuse.

2. The real problem was that Miriam had a bad attitude that stemmed from jealousy.

It was out of her own poor self-esteem she allowed herself to become critical and choose to cause trouble.

Bad choices derived from Bad Attitudes are always Destructive!

They Destroy marriages/families/work environments/church fellowship...

III. YOUR ATTITUDE IS ALWAYS YOUR CHOICE.

Philippians 4:6, 7

We are to take command of our mind and choose positive thoughts over negative ones.

Philippians 4:8, 9

a. Put God's word into your mind and it will come out in your attitude.

Feed your minds on verses such as

Ephesians 3:20 - Isaiah. 41:10 - Philippians 4:19 - Hebrews 13:6

b. Take charge of your thought life.

When you feel the mighty onslaught of a negative emotion,

Face it. But don't give in to it.

c. The way to destroy a negative attitude is to replace it with a positive thought.

1. REPLACE: Anger with Love; Bitterness with Forgiveness; Judgment with Acceptance

2. LEARN TO PRAY OUT YOUR EMOTIONS.

PRAY UNTIL YOU EXPERIENCE VICTORY.

d. Jesus is our example

Hebrews 5:7

Jesus shows us by His own example how to pray out negative emotions to our heavenly father.

Hebrews 4:15,

teaches us that "This High Priest of ours understands our weaknesses..."