

## HOW TO CHANGE YOUR ATTITUDE

Romans 12:1-2

Of all the areas of importance in your life, attitude is your most pervasive and profound personal characteristic. Changing your attitude is the precursor to changing your mind about anything. Apart from salvation, a change in attitude may have the greatest single effect on your behavior and success in life. A bad attitude ruins everything! A good attitude elevates your life!

### DEFINING ATTITUDE

#### 1. A settled way of thinking or feeling about someone or something.

Due to our upbringing, education, experiences, and emotions we often think in certain patterns and preconceptions. This definition is most often reflected in our behaviors.

#### 2. The position of the body implying an action or mental state.

This type of attitude is most often referred to as body-language. The Bible usually translates this word as "countenance."

#### 3. The orientation of an aircraft relative to its direction of flight.

For example: a plane may have a nose-up (climbing), nose-level (cruising), or nose-down (diving) attitude. The *attitude indicator* of a plane is essential for a safe flight when the pilot can't see to orient with the ground.

### FIVE TRUTHS ABOUT YOUR ATTITUDE

#### 1. You choose your attitude.

This is very simple. God has given us all a free will. At every moment of life, the attitude we reflect is fully our choice!

#### 2. Attitudes are not caused by people or circumstances.

There is a deception that says, "If my circumstances were different, I would have a better attitude." The Bible shows us that this is simply not true.

#### 3. Happiness is a chosen attitude not a state of being.

Some people are miserable, and they decide to make other people miserable. Seemingly, they can't be happy unless they're miserable! Other people come from terrible backgrounds, yet they choose happiness despite their circumstances. Happiness is a choice for all of us!

#### 4. God rewards good attitudes and disciplines bad ones.

Hebrews 12:7-13

Good parents understand this truth. You don't wait until your child develops bad behaviors and habits; you discipline them when the problem is still an attitude.

#### 5. Attitudes precede and predict your future.

Good attitudes precede and predict success, favor, and promotion. Bad attitudes precede and predict failure, disfavor, and demotion. Attitudes predict many things that will happen in your life.