

Developing a Winning Attitude for 2006
Week 3 – The Thoughts that Lead to a New Attitude
February 5, 2006

“The remarkable thing [about human beings] is that we have a choice everyday regarding the attitude we will embrace for that day. We cannot change our past. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is to play on the one string we have, and that is our attitude.” Chuck Swindoll

“Your attitude determines your altitude.” John Maxwell

1. The Law of Me – I am what I think

“Research has shown that one’s thought-life influences every aspect of one’s being. Kind people are simply the type of people who habitually tend to think kind thoughts. Angry people are simply the kind of people who habitually tend to think thoughts that breed resentment and hostility.” Psychologist Dr. Arch

Cognitive Psychology - what you think is the single most important shaper of who you are as a person. The way you think creates your attitudes, emotion, and even your behaviors

- ***Guard your heart above all else, for it determines the course of your life.***
Proverbs chapter 4 verse 23 (483)
- ***Jesus said, “A good person produces good things from the treasury of a good heart, and an evil person produces evil things from a treasury of an evil heart. What you say flows from what is in your heart.” Luke chapter 6 verse 45 (787)***
- ***Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Romans chapter 12 verse 2 (866)***

2. The Law of Exposure – My mind will think most about what it is most exposed too

- What enters my mind repeatedly, first occupies my mind, and then eventually shapes it
- My mind will absorb then ultimately reflect whatever it gets repeatedly exposed too
- The events I attend, the materials I read, the music I listen too, the images I watch, the conversations I hold, the daydreams I entertain -- all of these are right now shaping my mind, then my character, and eventually my future
- That’s why the Bible says, ***“Fix your thoughts on what is true & honorable & right & pure & lovely & admirable. Think about things that are excellent and worthy of praise.”***
Philippians chapter 4 verse 8 (901)

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|---|---|
| ○ <u>True</u> - honest, real | ○ <u>Lovely</u> - pleasing, cordial |
| ○ <u>Honorable</u> - honest, noble, dignified | ○ <u>Admirable</u> - of good report |
| ○ <u>Right</u> - upright, holy | ○ <u>Excellent</u> - virtuous, valor |
| ○ <u>Pure</u> - clean, innocent | ○ <u>Worthy of Praise</u> - commendable |

What do I need to STOP exposing my mind too?

- | | |
|-------------|--------------------------|
| ○ TV | ○ daydreams |
| ○ books | ○ jokes |
| ○ magazines | ○ conversations |
| ○ movies | ○ video games |
| ○ music | ○ negative / bad friends |
| ○ internet | |

Guard your heart above all else, for it determines the course of your life.

Proverbs chapter 4 verse 23 (483)

- I must be relentless in protecting what I allow into my eyes, ears & mind
- Am I willing to run my choice of TV shows, movies, books, internet, friends, conversations, thoughts, etc. through this criteria for right thinking? Am I willing to change what doesn't measure up??

Therefore I will always remind you about these things - even though you already know them...

2 Peter chapter 1 verse 12 (938)

- Repetition, repetition, repetition! I need to constantly keep repeating the good stuff, even after I know it inside & out!!
- Bible reading, study, & memorization, worship music, listen to teaching, church services, youth group, adult groups, Divine Design, Divorce Care, Good Sense, Christian counseling, support groups

...bad company corrupts good character. 1 Corinthians chapter 15 verse 33 (880)

- Is the company I keep building a good or bad attitude in me?
- Surround yourself with powerful & positive people...
 - powerful / strong people will challenge my bad attitude!
 - positive people will influence my attitude!

...let God transform you into a new person by changing the way you think.

Romans chapter 12 verse 2 (866)

- ***Jesus said, "Take heart, because I have overcome the world."*** *John chapter 16 verse 33 (825)*
- ***I can do everything thru Christ, who gives me strength.*** *Philippians chapter 4 verse 13 (901)*
- ***Do everything without complaining & arguing.*** *Philippians chapter 2 verse 14 (900)*
- ***Don't worry about anything, instead, pray about everything. Tell God what you need, & thank Him for all he has done.*** *Philippians chapter 4 verse 6 (901)*
- ***Take delight in the Lord, and he will give you your heart's desires.*** *Psalms 37 verse 4 (429)*
- ***Why is my heart discouraged? Why is my heart so sad? I will put my hope in God!***
Psalms 42 verse 11 (433)
- ***We are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.*** *Ephesians chapter 2 verse 10 (896)*
- ***God has not given us a spirit of fear & timidity, but of power, love & self discipline.***
2 Timothy chapter 1 verse 7 (914)

I reflect at night on who you are, O Lord; therefore I obey your instructions. *Psalms 119 verse 55 (469)*

- To help your mind focus on the right stuff, spend your last 30 waking minutes each day listening to worship music or listening to / reading the Bible. Our minds often take the stuff we last focused on as the stuff it keeps rehashing as we sleep

Next Sunday (Valentine Weekend) – How to be a Better Lover