

Text: How you feel about your life depends on the way you look at it...



Examining Our Attitudes

Welcome to our new bible series entitled, *New Life Perspectives*. It is my hope that these lessons will challenge and improve your thinking about the multitude of issues and difficulties you face in life. For our first lesson, we will take a look at passages in the Word that might help us to examine and change our attitude about the circumstances we find ourselves in. We all have the ability to look at our glass as half-full and truly appreciate the things in life that God has given us, rather than focusing on what we are lacking. Let us begin to examine and improve our attitudes...

*What will it take to make you
happy and content?*

What are the things you need to
happen in your life for you to feel as
though you are in a “good place”...

*When it doesn't look like your
situation is going to change, **then**
you must change the way you
look at your situation...*

Attitude really is everything...

How might you look at these situations
in a different, more positive way?

- I'm still single
- I've got \$57 in my bank account
- My kids are making bad life choices
- My boss is getting on my nerves and we aren't getting along
- My health isn't good

Attitude really is everything

A more positive way to look at things...

- I'm still single, but I have no marital responsibilities or problems
- I've got \$57 in my bank account. At least I have \$57.
- My kids are making bad life choices. I'm glad that I was blessed with kids. There are some people who want them, but can't have them. I am confident that one day they will make better decisions.
- My boss is getting on my nerves and we aren't getting along. I'm so blessed to have a job, especially in this economy. I'm going to try to make peace with my boss and enjoy my job.
- My health isn't good. Thank God I have some of my health and strength. It could be worse. Let me focus on that which I can do to feel better and God will do the rest.

All of us are dealing with something...

Maybe it's time for you to stop agonizing and to start changing the way you deal with your issues...

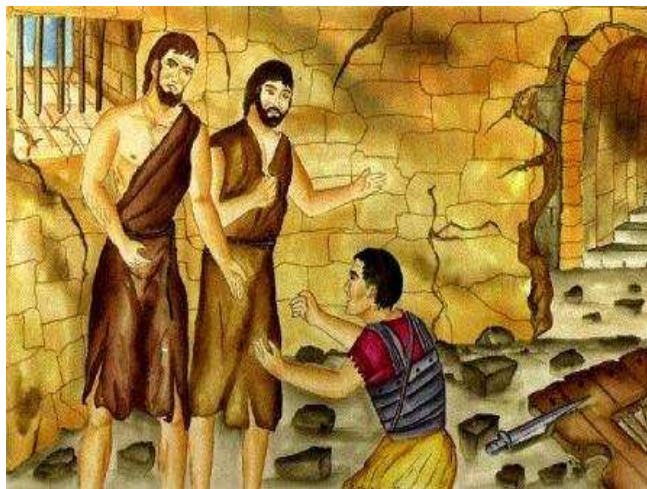
Why are we discontent with life?

- Sometimes, we want too much...
 - Matthew 6: 9-13
 - Notice that when Jesus gives direction on how we should pray that Verse 11 says, “Give us today our daily bread”. This scripture implies that we should ask for our “daily bread” and that if we are given even something as simple as that—we, then are blessed. There are no over the top requests in this prayer, rather, Jesus teaches us to keep it simple and to be thankful when we receive even those things that we sometimes take for granted.

Even when life gets tough, you can find peace...

- Just because life is tough for you doesn't mean that you have to be downtrodden and feel depressed
- Acts 16: 16-26
 - Paul and Silas were trying to do the right thing by freeing the young girl of the evil spirit that resided within her
 - Eventhough they were trying to do something Godly, they were beaten and thrown in jail
 - You would expect the men to have a pity party and a negative attitude, but instead, they have peace—even in the midst of their storm. They pray about their situation and praise God by singing to Him
 - The Lord hears them, responds to their needs and frees them from their bad situation

Paul and Silas have been freed because their attitude was right. Changing your attitude could “free you” too...

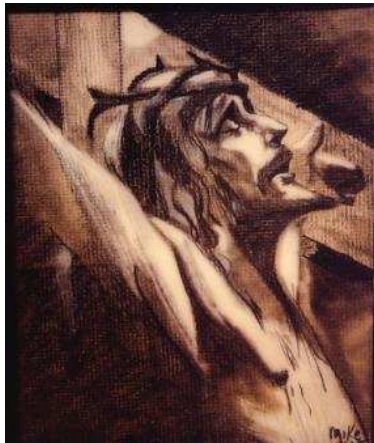


Accept and appreciate your life's journey...

– Christ accepted that as part of his life's journey that He was going to have to suffer for the sins of man. When He uses the Word “cup,” in the following passages, He is referring to His suffering. He tells His Father in Heaven that if He must drink the cup that He is willing. Christ wants to do the will of His Father—even if it means suffering a terrible death.

- John 18: 4-11
- John 19: 1-3, 16-19, 28-30
- Matthew 26:39

Christ accepted and appreciated His life's journey for what it was. He was in pain, but His pain had a purpose...



Sometimes, our suffering and difficult life situations are part of our unique life's journey

We must learn to accept and appreciate that the good and bad of our lives makes us uniquely who we are. No one likes painful life circumstances, but whatever our life experiences are, they belong to us and we must learn to accept that those things happened and move forward to the next phase of our lives.

Remember to always give God your best, no matter what your circumstances are...

- Mark 12: 41-43
 - Eventhough the widow had misfortune, she still gave God the best she had. This woman had experienced the death of her husband and poverty, yet she didn't allow her life circumstances to make her angry or negative towards God. In fact, she did the opposite— she gave Him all she had
 - In our lives, sometimes our misfortune causes us to become negative and we even, at times, rebel against giving God. No matter what life brings, continue to do right by God. He deserves our best at all times

A widow with a great attitude. Even in her personal pain and difficulty, she gives her best to God. Let us all give of ourselves to Him, no matter the difficulty we face in our personal lives.



Action Points

- Simplify your life. The less you have to have to be happy, the happier you will be
- When life gets tough, lean on God. Ask for peace. Communicate with Him and praise Him in the midst of your storm
- Realize that there are some things that are just part of your personal life journey. Those situations, collectively, make you who you are. Appreciate life for what it is instead of being depressed because of what you hoped it would be. Your life story belongs uniquely to you
- Always do right by God. Live a Godly life. Serve Him. Give to others. Attend Church. Study His Word. Give to Him. Even when life isn't all you want it to be, don't disconnect from God