

## **DO YOU NEED AN ATTITUDE ADJUSTMENT?**

### WHAT IS YOUR ANSWER?

- If you were asked, “What is your overall attitude about life,” what would your answer be?
  - Positive, negative, optimistic, pessimistic, fatalistic, hopeful, etc.
  - Would you say that you have a “thankful” attitude?
  - Are you genuinely grateful and thankful on a consistent basis?
- Christians should exemplify an attitude of thankfulness.

### WHY BE THANKFUL?

- Because God is good (Ps. 106:1).
- He created you because He loves you (Eph. 1:4).
- For all God has done for you (Phil. 4:6)
- A thankful heart truly honors God (Ps. 50:23).
- It opens our hearts to experience His presence (Ps. 100:4).
- It is a witness to others (Ps. 57:9).
- It is good for your soul (Ps. 92:1).
- For the people in your life (1Cor. 1:4).
- You will experience more joy in your life.
- Because God is able to take everything in your life and work it for good (Ro. 8:28).

### HOW ABOUT THE HARD STUFF?

- It is of the utmost importance that we have a thankful attitude when life is hard. We need to give thanks in our trials, problems, tragedies and pain much more so than when things are going well.
  - Muscles in the human body only grow stronger when they encounter resistance.
  - One cannot experience victory without engaging in a battle.

- Your faith will remain weak and anemic unless it is tested. This why we need the “hard stuff” in life (Ja. 1:2-4; 1Pe. 1:6-7; 4:12-13).
- So, be thankful! God is at work in your life! (Phil. 2:13)

### THE ALTERNATIVE

- If we don't practice being thankful, we will practice a different attitude;
  - A complaining attitude;
  - An entitlement attitude;
  - An ungrateful attitude;
  - A prideful attitude;
  - A critical attitude;
  - A hopeless attitude;
  - A self-pity attitude;
  - A fatalistic attitude;
  - A defeated attitude.

### WHEN SHOULD WE GIVE THANKS?

- Always (Col. 3:15).
- For everything or for all things (Eph. 5:20).
- In all circumstances or in everything (1Thess. 5:18).

### THE CHOICE IS YOURS

- Our attitudes are formed in many different ways, but we are not stuck with any attitude (Eph. 4:21-24).
  - Meditate on why you should be thankful.
  - Practice being thankful for everything and in everything throughout the course of the day.
  - Watch God change your attitude and give you a thankful heart!