

Change Your Attitude, Change Your Life

Philippians 2:5

"Your attitude should be the same as that of Christ Jesus."

Three months ago, I woke up with the phrase above in my mind. I knew that the Lord was speaking to me so I repeated this word over and over to myself throughout the night so that I could remember it. Since then it has been stuck in my soul. I believe that this insight needs to get stuck in all of our souls because our attitudes drive our behaviors.

I've done about 20 years worth of study and observation of human behavior. Primarily with Christians since I am a pastor. I've also examined my own motives and behavior. From the time I entered the ministry I've been interested in what drives people because I've desired to be helpful counsel when folks get stuck in destructive or negative or sinful behavioral patterns. This is what I've discovered. Every action is motivated by a thought. When we think, we act (or sometimes we choose to not respond). Thoughts are rooted in belief systems and philosophies of life that we have learned. It is here that attitude is developed. I'm going to describe attitude as the emotional climate (you have an internal culture) that surrounds what you're thinking about. Maybe as you're reading this your thoughts have drifted and your emotions have been stirred. These thoughts and emotions form your attitudes. Attitude, the mood culture, the emotional climate of your soul, sets the tone of your personality. If you believed (were deeply convinced) that you would always be safe because Jesus, who sits on the throne and who promised to never leave you nor forsake you, was always watching over you, how would your mood be? Describe how this one belief could shift your personality at work, in your family environment or at school.

Healthy belief systems form healthy attitudes. I've been anxious about our move. Anxiety is often formed by not knowing how future events will turn out. In my anxiety I found it hard to have clear thoughts and an expectant heart about our future as New Life. That's why I love scripture and prophecy. Here is what the Lord says, "Leave... go to the land I will show you. I will make you into a great nation and I will bless you. I will make your name great and you will be a blessing" (Gen 12:1&2). When I knew these words applied prophetically to us I could rest in His word, which is certainly a better word than the words that anxiety produce.

How about you? What causes fear or anxiety in your life? I've noticed that fear can cause us to do things that hurt our lives in the long run or hurt others. What verses can help you overcome the mood fear brings to your life and create in you an attitude of peace and expectancy? He wants to bless you so that you can be a blessing.