

It's In Your Attitude

Psalm 118:24 King James Version (KJV) This is the day which the Lord hath made; we will rejoice and be glad in it.

REFLECTION

Good Morning Jan. How are you today? I am good. The rain slowed down so I didn't get drenched coming in, my husband is on the mend, I had a nice visit with Mom at the nursing home yesterday, and my schedule today looks busy but doable. Good morning Marcy. How are you today? Ugh! It's raining and my hair is wrecked, my husband kept me awake with his coughing last night, I had to spend my day off at the nursing home with my Mom, and my schedule doesn't allow me to breathe today. The same circumstances in both situations but such a different way to see it.

BIBLICAL EVIDENCE

Look up Psalm 89:35. God cannot _____ because of His _____.

I sometimes hear 2 Corinthians 1:20 stated as "all of God's promises are _____ and _____".

The Bible makes us many promises. Since we know The Bible is the word of God, we know every one of those promises are true. Jesus makes one of those promises in John 16:33. He guarantees that we will have _____.

We can confirm that in several places. Ezekiel 21:13 says testing will _____ come.

1Thessalonians 3:3 says we are _____ for them.

Psalm 34:19-20 assures us the righteous person will have many _____.

The Bible promises us trials and troubles even if we are righteous. We don't have to do something to cause them. You've heard it said "the only sure things in life are death and taxes". Well troubles are a sure thing too! When we face trials we need to remember this does not mean we are doing something wrong or not doing something we should.

James 1:17 tells us God gives _____ and _____ gifts.

Matthew 7:11 tells us God is better at giving _____ gifts than we are.

1Peter 5:8 says the _____ is our enemy. He wants to _____ us.

John 10:10 calls him a _____. He comes to _____, _____ and _____.

Mathew 4:1 tells us _____ tempts. Sometimes we hear people say God tempts us to test us.

Sometimes we hear people say, "God is tempting me". James 1:13-15 assures us God does not tempt _____. What does tempt us? _____?

In the heat of a problem it's easy to blame God so it's important to know that God does not give us trials. These are from Satan. WE need to know that God does not tempt us. Satan and our own flesh do.

1 Corinthians 10:13 assures us that trials are _____ to mankind. We all have them. You are not being singled out or having to endure more than anyone else.

So what are we to do when we are in the midst of a trial or a temptation and it seems so all consuming and overwhelming?

2 Corinthians 4:17 Talks about our troubles as light and _____. What can we count on to far outweigh them all? _____

Eternal glory will be wonderful but it is sometimes hard to appreciate now in the middle of a problem.

Psalms 27:13 tells us we don't have to wait until we get to heaven to see the good gifts of God. This verse tells us we will see God's goodness in _____. That would be here on earth.

2 Corinthians 4: 18 gives us practical advice on how to get through the now. The solution is to fix our eyes on the _____ not the _____. Vines defines fix as make fast. According to Strong's it means to set fast, to turn resolutely in a certain direction. The seen would be the circumstances as they appear to our senses. In this case, the unseen would be God and His promises. "Fix your eyes" is an action. YOU have to intentionally fix your eyes and your thoughts on Jesus instead of the circumstances. It is YOUR choice.

This does not mean we should deny the circumstances. It means we choose to believe God and look at His promises instead of the circumstance. Remember Abraham in Rom 4:18-20. Even though he knew he and Sarah were old and Sarah was way beyond childbearing years, he did not let the circumstances _____ his _____.

Proverbs 4:25 tells us to look _____, to fix our gaze _____ before us.

Hebrews 12:2 says we should keep our eyes on _____.

If we can fix our eyes straight ahead on Jesus we aren't looking at the overwhelming circumstances.

We know God doesn't bring us trials but is there benefit in them for us?

The Bible gives us examples of those who have suffered trial. Hebrew 12:1 tells us we have many witnesses as examples to help us to _____. Job is the first to come to my mind and there are so many more, Joseph, Abraham, Paul for example. James 5:11 tells us those who persevere are _____. If we look at the lives of our witnesses we can see that is true.

Sometimes trials force us to rely more on God because we cannot get through it on our own. This is one way that we are blessed by trials. As we spend more time with God we get to know Him better and our faith grows.

1 Peter 1:6-7 tells us that trials prove the _____ of your faith. Gold is one of the most valuable material things and this verse tells us that faith is _____ valuable than gold because it will not perish.

According to James 1:2-4 the testing of our faith produces _____ which helps us become _____, _____, lacking _____.

1 Peter 5:10 tells us God will make us _____, _____, and _____.

In 1 Peter 5:10 we see also see God promises to _____ us.

When we are in trial we sometimes feel like we are all alone with no one to help us.

Look up Psalm 94:14 and Hebrews 13:5. These verses assure us God will _____ leave or forsake us.

The second half of 1 Corinthians 10:13 tells us that God will not let us be tempted more than we can _____. It also tells us He will always _____. These verses should tell us that when we are facing a trial there is an acceptable way for us to get out of it and we are not alone.

In Philippians 4:13 God promises we can do anything because _____ gives us the strength.

Since we know God will not let us be tempted beyond what we can bear and we can do anything because Christ strengthens us, we can just get about the business of enduring and reaping the benefits that can come from this trial.

Enduring a trial is not the only goal. How we endure is important as well. Philippians 2:14 say we are to do _____ without _____ or _____.

James 1:12 (NLT) says we are blessed if we preserve through trials because we will receive the _____.

Ultimately, how you endure the trials that are inevitable is your choice. You can be like Marcia and see and dwell on the negative or you can be like Jan and find positive in each situation. Who would you rather be with, Jan or Marcy? Marcy's negative attitude doesn't make her circumstances better. It actually makes her life worse. And her negative attitude makes it unpleasant for others around her. On the other hand, people will enjoy being around Jan. One way to keep yourself focusing on the positive is daily quiet time. The more time you spend in God's presence the easier it is to redirect your thinking when you find yourself focusing on the negative. And always be thankful.

KEY THOUGHT: Trials are inevitable. Your attitude through the trial is your choice.

APPLICATION:

If you are going through a trial now think about your attitude. What do you find yourself thinking about your situation? _____

What do you say to others about your circumstances? _____

How do you answer when someone asks you how you are? _____

How can you change that to a more positive way to look at it? _____

List 5 positive things about your life now. _____

Memorize Psalm 118:24. Start each day reciting this verse to yourself.

Write down Philippians 4:13. _____

Memorize it. Use it throughout the day when things get difficult.

Memorize the second half of Hebrews 13:5. Put your name in the blanks to personalize it. God has said,
_____ Never will I leave you; _____ never will I forsake you.

Repeat this verse out loud when you feel over whelmed or alone.