

## Teaching Outlines

### Week 3 – It's All About Attitude

Key “thinking” verse: Philippians 2:5 *Have this attitude (phroneo) in yourselves which was also in Christ Jesus.*

What is attitude?

Attitude (phroneo) is our way of thinking – a mental position, a feeling or emotion toward something or someone.

Also includes our posture.

Definition of attitude from Webster Dictionary

1: the arrangement of the parts of a body or figure (**posture**)

She stood with a defiant attitude

2: a **mental** position, a feeling or emotion toward a fact or state

a helpful attitude

a negative attitude

an optimistic attitude

a negative or hostile state of mind

a cool, cocky, defiant, or arrogant manner. (He was showing some attitude in practice today, so the coach benched him.)

Airplane pilots often use "attitude" to describe their horizontal relationship with the runway when they land. If their attitude isn't aligned properly, the plane will make contact with the ground at the wrong angle and it will cause them to crash.

Your attitude is your inward disposition and outward posture toward people and circumstances.

When our attitude isn't “aligned” with the example of Jesus – we crash and burn.

What “sets you off?” What triggers a bad attitude for you?

When are you least like Jesus in your attitude?

You may try to hide an attitude, but it shows through!

Your attitude comes through your eyes, your face, your posture, your voice, your actions, your habits. They mold your character and destiny.

*No Thought is Harmless, No Attitude Can Be Hidden!* Blog by Dr. Caroline Leaf  
Thoughts are real- they occupy mental real estate. Every thought has a “heart”- the intention of that thought. God looks at this ‘heart’ (Jeremiah 17:10). When we are not

using our minds (intellect, will and emotions) to listen to what the Holy Spirit lays down in the depths of our spirit, then we will be listening to the lies of the enemy. Whatever we listen to, we will think about and whatever we think about grows into a physical thought with this 'heart' being reflected as our attitude. People pick up on our attitudes- the intent of the thought- not the detail of the thought. The brain is designed with various structures that facilitate this to happen. So...reflecting our 'hearts' is how God designed us.

Most of us can easily identify bad attitudes

They are displayed outwardly in our words or actions such

- negativity
- being critical
- rebellion
- defiance
- impatience
- being uncooperative
- having apathy – lack of interest or concern
- discouragement
- arrogance
- self-centeredness
- rudeness

These are examples of bad attitudes which are easy to spot in our life.

What about the “secret” attitudes? The ones others don't see as easily and you may ignore or intentionally keep “under cover”.

If you look deep behind your words and actions, you will find the heart of your attitude. (Dr. C Leaf – every thought has a “heart” and produces an attitude)

*Jeremiah 17:10 NLT But I, the Lord, search all hearts and examine secret motives. I give all people their due rewards, according to what their actions deserve.*

No one else really knows the thoughts of your heart, except you and God. Attitude is something that only you and God can work out — a change which must take place inwardly.

*Psalm 7:9b For you look deep within the mind and heart. NIV*

*. . . for you are the righteous God, the soul searcher, who looks deep into every heart to examine the thoughts and motives. TPT*

## What's your attitude?

To God — Psalm 111:10, Mark 12:30, John 14:15, James 4:7-8, Proverbs 3:4-5

My attitude should be

- fear (reverence, respect)  
When others see my attitude toward God do they sense reverence?
- Loving God with ALL my mind  
Do my thoughts/attitudes reflect loving God
- obedience  
Am I obeying the voice of the Lord through His Word and speaking
- humbling myself before God, coming close to God.  
Or is my attitude helping me keep my distance
- Trusting in God with all my heart and NOT depending on my own understanding
- Seeking His will in everything I do  
Do you have an attitude of "I know what is best", "My plan is the best plan"?

Questions to ask yourself to reveal a hidden attitude toward God:

- Am I frustrated with God because He has not answered a prayer?
- Do I truly believe God has your best in mind?
- Do I ever make comments like "nothing ever goes right for me"; "everything I touch fails"; "I always mess up"?

What attitudes toward God may be hidden in your mind and heart?

## What's your attitude?

Toward Others (Esp Believers in Christ) — John 13:34-35, Romans 12:10, 13:10, 15:7, James 2:9, Ephesians 4:2 (and there is a lot more verses about our relationships!)

My attitude should be

- Love  
Does my attitude reflect love or anger? Your attitude toward other believers reflects your discipleship.
- Honor  
= preference "You go first"  
TPT *Try to outdo yourselves in respect and honor of one another.* Romans 12:10  
Or does my attitude say – "Why am I always at the bottom or the end of the line?"
- Not harming others with words or actions  
Does your attitude have a "bite" to it? Do your words sting?

- Accept each other  
TPT *You will bring God glory when you accept and welcome one another as partners, just as the Anointed One has fully accepted you and received you as his partner.* Romans 15:7  
The wrong attitude keeps your arms crossed.  
An accept and welcoming attitude keeps your arms open wide.
- Humble, gentle, patient, making allowances for faults  
A wrong attitude fumes, uses loud, angry words, expects perfection, is not patient.  
TPT *With tender humility and quiet patience, always demonstrate gentleness and generous love toward one another, especially toward those who may try your patience.* Ephesians 4:2

Questions to ask yourself to reveal a hidden attitude toward others:

- How many "could-have", "would-have", "should-have" statements have you made today?  
"She could have said this. . ."  
"He should have done this. . ."  
"If they would have . . ."
- How many "if onlys" were part of your inner vocabulary today?  
"If only my daughter had. . ."  
"If only my boss had. . ."
- How many times have you replayed in your head a conversation or situation that pained you?
- How many times have you replayed in your head a conversation or situation that hasn't even occurred yet?

What attitudes toward God may be hidden in your mind and heart?

How to Develop Good Attitudes

1. Identify and Repent of Bad Attitudes

Identify –

What we think about lights fires within us.

Psalm 39:3 NASB *My heart was hot within me, while I was musing the fire burned, then I spoke with my tongue*

What we think about, meditate on, reflect on, and focus on affects our attitudes.

"Musing" leads to "fusing"

Learn to identify both the "musing" – thoughts in your mind

And what has already been "fused" – thoughts producing an attitude

“Meditation kindles fires within – whether the fire is clean or as black as the smoke of burning oil. Thoughts create moods, emotions, (and attitudes). We think about things, and this lights fires in us. Meditate on the wrong that someone has done to you and this will light a fire of self-pity, malice, and unforgiveness in you. Nurse a grudge and it will grow into a root of bitterness. Meditate on sexual temptations and this will light a fire of evil sexual desires.

Think about a (friend, co-worker, family member) who believes in you and this will light a fire of encouragement that warms your heart. Focus on God’s faithfulness to you and this will light a fire of faith and confidence to trust God. Meditate on God’s forgiveness for your sins and this will light a fire that inspire you to forgive others.

Recount past victories and this will spark courage to win again.

So guide your thought. Censor bad thought and reject them like you would spit out a bitter bite of food.” Dr. Quentin McGhee, *Prison Epistles* student manual

### Repent-

Psalm 139:23-24 NLT *Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you, and lead me along the path of everlasting life.*

Psalm 139:23-24 TPT *God, I invite your searching gaze into my heart. Examine me through and through; find out everything that may be hidden within me. Put me to the test and sift through all my anxious cares. See if there is any path of pain I’m walking on, and lead me back to your glorious, everlasting ways – the path that brings me back to you.*

### 2. Submit Your Attitudes to God

Bring your attitudes into obedience to God’s Word.

Apply discipline to your thought life — submit your thoughts to those of Christ’s.

2 Corinthians 10:5 . . . *casting down arguments (fortresses) and every high thing that exalts itself against the knowledge of God, bringing every thought into captivity to the obedience of Christ...*

James 4:7-8 TPT *So then, surrender to God. Stand up to the devil and resist him and he will turn and run away from you. Move your heart closer and closer to God, and he will come even closer to you.*

### 3. Equip and Feed Your Attitudes

Dwell on the things that God’s Word tells us to.

If you dwell on the negative, your attitude will reflect the same.

Psalm 39:1-2 TPT *Here's my life motto, the truth I live by: I will guard my ways for all my days. I will speak only what is right, guarding what I speak. Like a watchman guards against an attack of the enemy, I'll guard and muzzle my mouth when the wicked are around me. I will remain silent and will not grumble or speak out of my disappointment.*

What are you feeding your mind?

Both the hummingbird and the vulture fly over our nation's deserts. All vultures see is rotting meat, because that is what they look for. They thrive on that diet. But hummingbirds ignore the smelly flesh of dead animals. Instead, they look for the colorful blossoms of desert plants. The vultures live on what was. They live on the past. They fill themselves with what is dead and gone. But hummingbirds live on what is. They seek new life. They fill themselves with freshness and life. Each bird finds what it is looking for. We all do. (Steve Goodier, Quote Magazine, in May, 1990 R.D.)

Philippians 4:8 *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.*

Optional Homework:

To Authority — Heb. 13:17, 1 Pet. 2:13-15

My attitude should be \_\_\_\_\_

To Hard Circumstances — Rom. 8:28, Psalm 46:1-3, Proverbs 18:10, Nehemiah 8:10

My attitude should be \_\_\_\_\_

To Responsibilities — Luke 16:10, 1 Cor. 4:2

My attitude should be \_\_\_\_\_

To Unfairness — Rom. 12:19, Luke 18:7

My attitude should be \_\_\_\_\_

To Disappointment or Tragedy — Psa. 62:5, Jer. 17:5-8, Deut. 32:4, Rom. 8:28

My attitude should be \_\_\_\_\_

To those far away from God — 2 Cor. 5:18, 2 Pet. 3:9, Matt. 18:12-14

My attitude should be \_\_\_\_\_

\_\_\_\_\_

To Success — James 4:6, 10, Proverbs 16:18

My attitude should be \_\_\_\_\_

---

To Misunderstanding — Col. 3:13, Matt. 5:9, Philippians 2:14

My attitude should be \_\_\_\_\_

---