

Developing a Positive Attitude

1. #1 attitude for success is optimism.

It is a learned attitude

Look for the good. Don't let circumstances stop you.

Philippians 4:8 Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy--meditate on these things.

Continually thinking about past events and dwelling on negative people who make you miserable leads to institutionalization.

2. Look at bad things, events, or people as an opportunity to grow.

Within every adversity there is an opportunity for victory. It is a gift for personal growth.

2 Corinthian 4:17-18 For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory,
18 while we do not look at the things which are seen, but at the things which are not seen. For the things which are seen are temporary, but the things which are not seen are eternal.

Look down at the problem (from a place of victory) We need a revelation

Ephesians 2:5-6 even when we were dead in trespasses, made us alive together with Christ (by grace you have been saved),
6 and raised us up together, and made us sit together in the heavenly places in Christ Jesus,

3. A superior person forgives on a regular basis

"Never forgive – Never forget"

You can't chase people down – When we forgive we let go

How steep is your forgiving curve

- Severity: Are there any unforgivable sins?
- Time: How long does it take you to forgive?

"If I take him out of your life I take your promotion"

Q) How many of you had opportunities to forgive someone this week?

No body likes injustice. "It is not right!"

Matthew 6:12 And forgive us our debts,
As we forgive our debtors.

Matthew 6:14-15 "For if you forgive men their trespasses, your heavenly Father will also forgive you.
15 "But if you do not forgive men their trespasses, neither will your Father forgive your trespasses.

Luke 6:35-38 "But love your enemies, do good, and lend, hoping for nothing in return; and your reward will be great, and you will be sons of the Most High. For He is kind to the unthankful and evil.
36 "Therefore be merciful, just as your Father also is merciful.
37 "Judge not, and you shall not be judged. Condemn not, and you shall not be condemned. Forgive, and you will be forgiven.
38 "Give, and it will be given to you: good measure, pressed down, shaken together, and running over will be put into your bosom. For with the same measure that you use, it will be measured back to you."

Forgiveness is part of life: Some people choose not to forgive. They are turned over to the tormentor.

4. Don't worry about past events. You can't do anything about it.

Forgive yourself for disappointments, failed expectations:

"When you turn toward the sunshine the shade falls behind you"

Philippians 3:12-14 Not that I have already attained, or am already perfected; but I press on, that I may lay hold of that for which Christ Jesus has also laid hold of me.

13 Brethren, I do not count myself to have apprehended; but one thing I do, forgetting those things which are behind and reaching forward to those things which are ahead,

14 I press toward the goal for the prize of the upward call of God in Christ Jesus.